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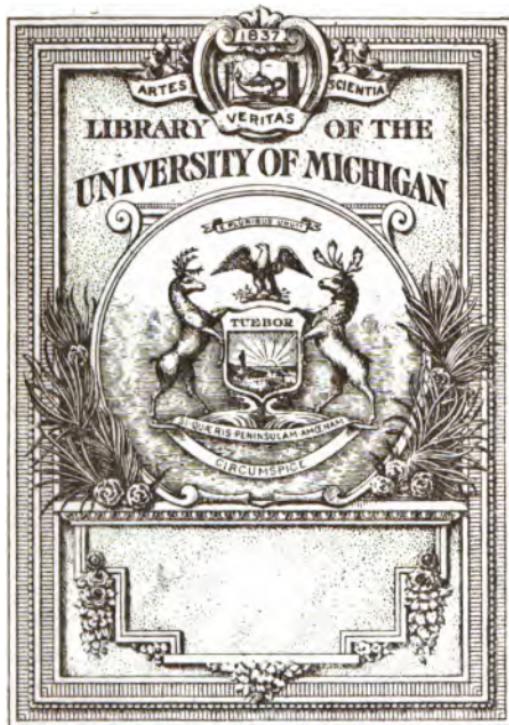
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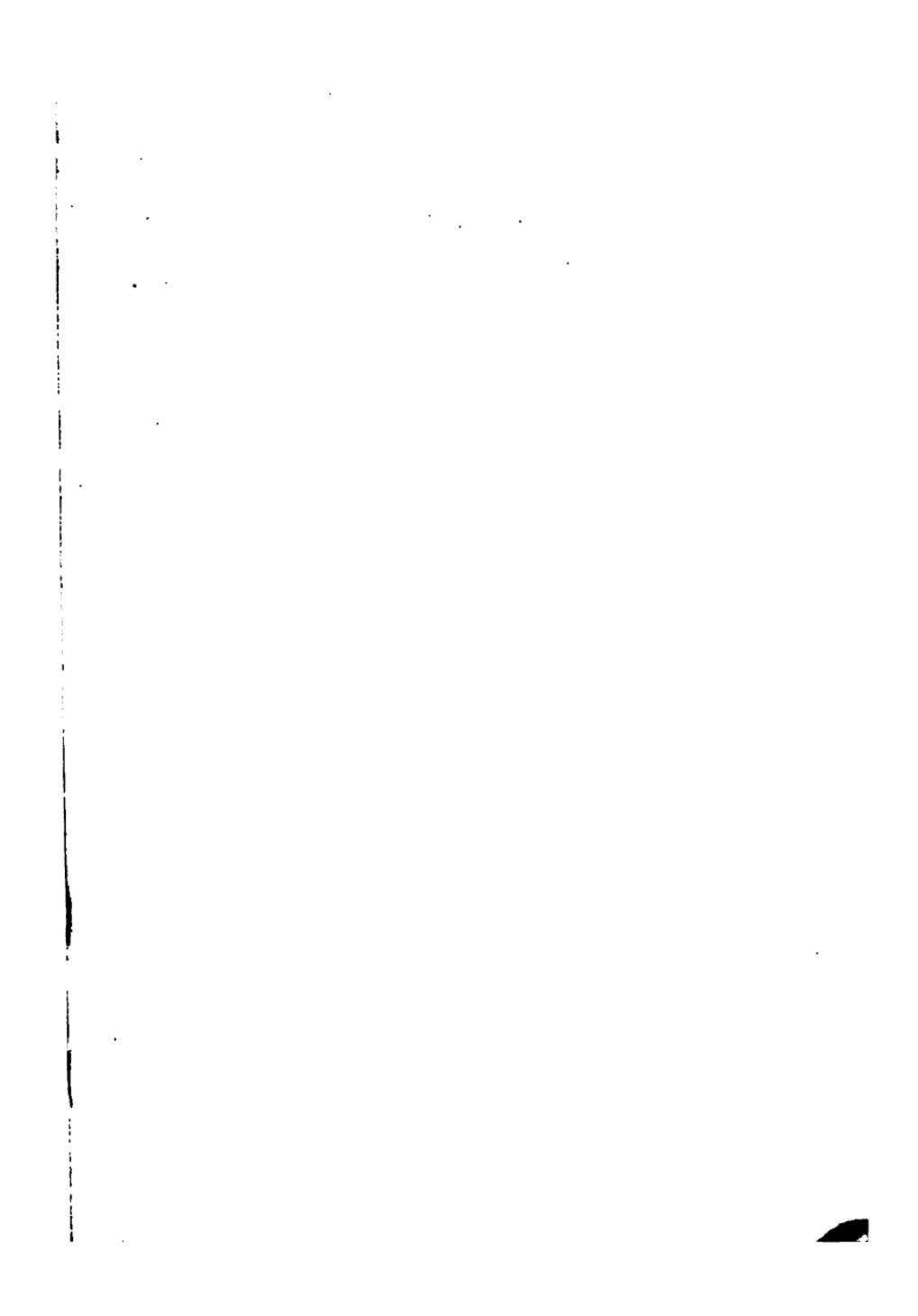
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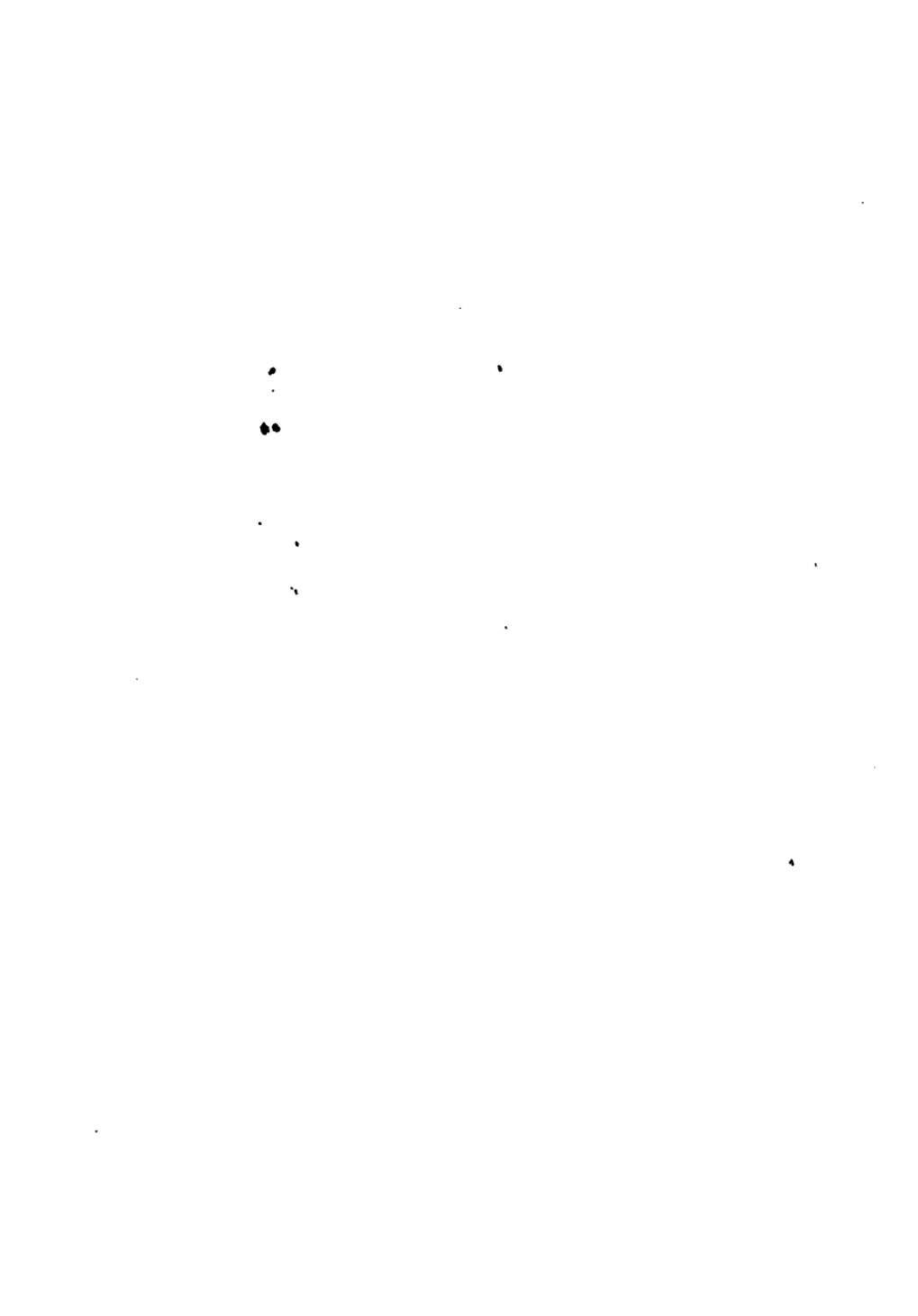


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# THERAPEUTIC BY-WAYS

Being a collection of therapeutic measures  
not to be found in the text books.  
Collected from all sources.  
Condensed and arranged.

BY  
DR. E. P. ANSHUTZ

PHILADELPHIA,  
BOERICKE & TAFEL  
1916

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## PREFACE.

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In the current vernacular no man "Knows it All" in medicine, be he a follower of the rule of opposites in therapeutics, of similars, of experience, or of any other school or system. On the other hand, nearly every practitioner has some useful measure that is not to be found in the text-books. For over thirty years the compiler of this little book has had editorial charge of the publishing house of Boericke & Tafel; he has had the run of many medical journals and books, and also has met many physicians during that time. Also in this period much of what might be termed the flotsam and jetsam of therapeutics drifted into view and then away into oblivion. Finally the idea dawned that it might be useful to collect this matter, collect it from all quarters, from any one who believed in his measure, from books, "Transactions," and journals. This little book is the result.

Doubtless in the matter herein presented there

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is some of it that is foolish or worthless, a little that appears fantastic, but there is also pure gold that may aid many a bothered physician.

In the matter of dosage the compiler has followed that given by the one from whom the treatment was obtained, but where none is stated the rule has been to lean to the side of safety and not to give the maximum. This is not only safest, but, perhaps, wisest, for the big dose is going out as a better idea of therapeutics gains.

The frequency of dose, when given, is merely suggestive, as there is no rule to govern it. However, it is better to give too little than too much and too often. Individual experience must decide the matter of dosage.

In the matter of signs it may be stated here that the *x* stands for the decimal scale of trituration; thus *1x* means 1 part drug to 9 of milk sugar; the *2x* 1 to 99 and so on. Where the wording is, say, "*Aconite 3*," it indicates the centesimal scale, *i. e.*, 1/1000,000 of *Aconite*. While the "30th" stands for the decillionth "po-

tency" or "dilution"—take your choice of the terms. The sign  $\theta$  means the mother tincture. The other dosage is self evident to all.

When beginning this compilation the intention was to include only such therapeutics as are not to be found in the text-books, but it was soon seen that the border line was by no means sharply defined so it is probable, nay, it is certain, that at times the generally acknowledged therapeutics have been encroached upon. However, in these cases the therapeutics may be acknowledged by the few, but not generally known.

Naturally, because of the compiler's association, a considerable amount of matter that is "homœopathic" has crept into this book, but, as the aim is to include all therapeutic matter that is not to be found in the text-books, this cannot be complained of because "Homeopathy," according to the definition of Carroll Dunham, is the "Science of Therapeutics;" is, *per se*, confined to that branch of medicine only. But, as you will notice, if you care to read farther, *no* therapeutics have been ignored, for, the definition of the word is: "The practical branch of

medicine dealing with the treatment of disease." The line in this book was drawn only at prescriptions made up of several drugs.

In conclusion let it be stated that no secret remedies have been given, every one is known or may be known.

E. P. ANSHUTZ.

Philadelphia.

## Therapeutic By-Ways.

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### Adenoids.

*Calcarea phosphorica*.—Dr. R. T. Cooper, London, held that *Calc. phos.* was the remedy for adenoids. Use 6x.

*Calcarea jodatum*.—Another remedy for adenoids is *Calcarea jodatum* 6x. This was used by the old German doctors.

*Thuja* 30.—A remedy where adenoids have followed vaccination. Administer two to three times a week. A good treatment for enlarged tonsils with adenoidal growths is to give *Calc. phos.* 6x, four tablets, twice a day, and in connection with it give *Thuja* 30. twice a week.

### Ague. Chills.

*Bellis perennis*.—Dr. J. Compton Burnett, London, regarded the English daisy, or *Bellis perennis*, as a sovereign remedy for sudden chills, as from falling in water and its after effects. To be taken internally in the tincture (5 drops) to the 3d potency. This is not for "chills and fever" but for the effects of sudden chills.

*Natrum muriaticum* was Dr. J. C. Burnett's "calorifacient"—cases without the chills and fever, but who shivered with cold even in a warm bed, or elsewhere, when there was no apparent reason. The 6th or 30th potency, generally the latter, is best.

*Verbena hastata*.—This intensely bitter plant is one of the popular remedies for ague. Dosage, drop doses of the tincture or the ix.

*Shucks*.—A decoction of corn husks was a very successful remedy among the western and southern pioneers for chills and fever. Take in teaspoonful doses. This is still used in parts of the southwest.

*Natrum muriaticum*.—This drug in the 30th potency is the remedy for old cases of chills, and fever, or intermittent fever. Take a dose, a dozen pellets, after each attack. Those who know say that a few doses will cure if taken this way.

*Cedron*.—When the attacks come on with clock-like regularity, i. e., the chill, or fever, then *Cedron* ix or drop doses of the tincture is indicated.

*Chelone glabra*.—This drug has repute among herbalists for "dumb ague." Generally used in from 5 to 10 drop doses of the tincture.

### Albuminuria.

*Cloves*.—The late Doctor J. C. Burnett, of London, who was a great man for finding hidden remedies, had great success in lessening the amount of albumin excreted by giving the sufferers Cloves 3x dilution, 5 drops 3 times a day in water, half a tumblerful before meals. The pharmaceutical name for the tincture is *Carophyl-lus*.

### Anæmia.

*Vinegar*.—If the sufferer from anæmia is a free user of vinegar, or sour pickles, stop the use of them for probably the vinegar is the cause. Excessive consumption of lemons may also cause trouble.

*Calcarea phos*.—This is the remedy for “green sickness” in young girls, according to Schuessler.

### Angina Pectoris.

*Latrodectus mactans*.—The venom of this very small, red-spotted spider is said to be the most deadly known. Years ago Dr. S. A. Jones reasoned out from reports of persons bitten by this spider that a potency of its venom would be almost a specific for the most excruciatingly pain-

ful cases of angina pectoris. Experience has tended to prove that Dr. Jones was right. It is generally given in the 30th potency, though the 6. may be used.

### Ankles.

*Chamomilla*.—Dr. Stacey Jones once told of a case where the woman's ankles gave way and she would collapse at a certain time every afternoon. She had "been the rounds" of doctors. *Chamomilla* permanently cured the case. The symptom is in Allen's *Encyclopædia*. Jones had forgotten whether he gave the 3d or 30th potency, probably the latter.

*Potato*.—Apply scraped raw potato, for sprains.

*Collinsonia*.—This drug, *Collinsonia*, or "stone root," an ounce of the tincture to a pint of hot water is an old remedy for severely sprained ankles, or other parts.

*Rhus tox*.—This drug, 30th potency, to be taken internally, will aid in the recovery from all sprains in ankles or other parts.

*Exercise*.—Some old practitioners, Dr. Constantine Hering among them, claimed that the best cure for a sprained ankle was to go about

on it, if you could, as usual. Heroic, but effective. In one of his novels, Wm. Black says the same thing, or makes one of his characters, a physician, say it. The treatment (or lack of it) no doubt will prove effective provided the ligaments are not torn loose. In fact, we know of cases where it proved effective.

*Conium*.—McCandlish, an English homœopathic physician, writes of a girl discharged from a hospital as incurable at the age of ten, who, from her birth, because of a weakness in her ankles, dragged her right foot along the ground. *Conium* 30. night and morning, cured her so she could run as other children.

### Antiseptics and Killing Germs.

*Calendula*—*Hypericum*.—Gilchrist, of the University of Iowa, once made a series of experiments and found that *Calendula* and *Hypericum* headed the list in the matter of quick healing of wounds and suppurations. *Calendula* (the *succus* is best) is for cut or torn flesh and the *Hypericum*, “the arnica of nerves,” is more for nerve injuries or punctured wounds. Bichloride and iodoform stood near the bottom, in Gilchrist’s experiments. *Hypericum*, both externally and

internally, is the old homœopathic remedy where lock-jaw or tetanus is threatened, or actually developed. Whether it is best given in the tincture, the 1x, the 3d or 30th potency, is an open question. It seems to have proved effective in them all. Probably the 3d will answer best.

*Milk*.—The common practice now is to sterilize milk, but Dr. Nash, *Lancet*, May 4, 1912, says that heated milk is far more liable to develop dangerous qualities, and requires more care than does raw milk. Cleanliness and coolness is all good milk requires. Some argue that if the sterilization kills the germs it does not remove their corpses, and probably these create the “dangerous conditions” referred to by Dr. Nash.

*Fumigation*.—The old idea so effectively put in practice by Florence Nightingale that sunshine, soap and water were better than sulphur fumes seems to be cropping up again.

### Anus.

*Benzoin*.—Apply the tincture of benzoin for itching of the anus. This is from the *British Medical Journal*. Better use it carefully, however, and not too strong or too freely.

*Ratanhia*.—This drug—*Ratanhia* or *Krameria*

—is probably the best drug known (and it isn't any too well known) for all abnormal conditions of the anus; for itching, burning, fissured, oozing, or haemorrhoidal states. It can be given in 1 to 5 drops of the tincture, or, perhaps, better in the 3d (homeopathic) potency. Also use tincture or *Ratanhia* suppositories at same time, or *Ratanhia* ointment. This is the statement of Dr. A. M. Cushing.

*Urtica urens*.—Hering advises a drop dose of the tincture ( $\theta$ ) of nettles in the morning itching of the anus, especially in children. It seems likely that a solution of same applied externally might also aid.

*Cleanliness*.—We once knew an old captain who said that if one would wash the anus after every stool he would never have any trouble in that part of his make up.

### Appendicitis.

*Olive oil*.—An English doctor wrote that he had treated over 500 cases of appendicitis with enemas of oil and never had need of an operation. At least easily tried and not hurtful. Dr. O. M. Terry, of New York, also said he had cured the majority of cases of appendicitis with olive oil internally in free doses, a wineglassful.

*Dioscorea villosa*.—Fifteen drops of *Dioscorea vil.* θ in hot water will cause the intense pain of appendicitis to fade away and give ease to the patient. So say some eclectics.

*Lachesis* 6.—A dose every two hours, while awake, will cure any case of appendicitis, so wrote an enthusiast.

Some cynic once remarked that not many cases of appendicitis, medicinally cured, are appendicitis, neither are many of the cases operated. The actual disease is rather rare, he said.

### Arterio Sclerosis.

*Carduus Marianus*.—It has been asserted that *Carduus Marianus*, the tincture of St. Mary's thistle, will cure arterio sclerosis, or hardening of the arteries. The dose is 5 drops of the tincture, three times a day, to be "carefully administered," though the drug is not hurtful. This was recommended by Dr. O. Hutchinson, New York, who claimed marked benefit to patients from its use.

*Plumbum*.—Dr. J. H. Moore expressed the belief that *Plumbum* took the lead in the therapeutics of arterio sclerosis. Potency and frequency of dose not given, but presumably the 6th.

*Olive oil.*—Some men assert that the free use of a good olive oil every day is the best thing known to prevent the hardening of the arteries and the stiffening of the muscles.

### Asthma.

*Blatta Orientalis.*—This Indian drug in the 3x trituration is regarded as almost a “specific” for the worst forms of asthma. Take it twice a day.

*Sumbul.*—According to Dr. Mott *Sumbul*, a few drops, about 10, in hot water, sipped, will give relief in the spasm of asthma, and in continued small doses will cure. The 2x in medicated pellets or tablets, three or four times a day, is more convenient and perhaps as effective.

*Onions and Honey.*—The juice of onions, or the pounded pulp of onions, mixed with honey, is an old remedy for the phlegmatic person whose lungs are stuffed and breathing difficult.

*Garlic* had, of old, a reputation as being good for asthmatics.

*Grindelia robusta.*—In about 5 drop doses of the tincture, *Grindelia rob.* is said to be a good remedy for chronic asthma; and for chronic bronchitis.

*Natrum sulphuricum*.—According to Grauvogl *Natrum sulph.* 6x is the one true remedy for asthma. It has cured many cases.

*Gaultheria*.—It has been stated that about 4 tablets of *Gaultheria θ*, twice a day, will slowly, but surely, give relief in asthma. *Gaultheria* is the *true* oil of wintergreen, not the synthetic.

*Asafætida*.—A German doctor, Lobenthal, noted that in cases where overeating, unusual exertion or something out of the routine of life brought on an attack of asthma that *Asafætida* 3. would give relief, or cure. He gave it frequently, four or five doses a day.

### Babies and Children.

*Salt*.—Just a little taste of salt every now and then in their food, according to some observers, is good for babies, too much is bad.

*Water*.—Many an infant has died of thirst because nothing but milk, or food, was given it, yet it needs water just as do other human beings. We heard of a dying child “cured” by water.

*Clothes*.—Some observers say that many little ones have been made ill by being bundled up too

much in warm weather as by being too thinly clad.

*Food.*—A Holland doctor said he had seen babies literally starved to death by a too prolonged thin diet, such as barley water and diluted milk. Give them some variety and substance.

*Milk.*—Certain authorities say all milk should be sterilized—heated up to the germ killing point. Other men say that kittens fed on sterilized milk exclusively all died, while others fed on good raw milk thrived and became healthy cats. Mother's milk is best and it is *not* sterilized.

*Lycopodium.*—When the baby "sleeps all day and cries all night," give it half a dozen of *Lycopodium* 30. pellets.

*Chamomilla.*—When the baby seems angry with everybody and everything—cross, irritable, fretful—give it a few doses of *Chamomilla* 30th potency. Babies have "nerves" just as grown persons and *Chamomilla* is good for nerves.

*Calcarea phos.*—An old practitioner said if all children, up to two or three years of age, were given an occasional dose of *Calcarea phos.* 6x, say, two tablets, three or four times a month, it

would promote their healthy growth, cause good bones and teeth and tend to prevent enlarged tonsils and adenoids.

*Cuphea viscosissima*.—Dr. A. A. Roth brought this drug (tar weed) to notice as a "people's" cure for cholera infantum. The child is feverish, fretful, vomits curdled milk, acid stomach, has greenish, watery stools, colic, or the usual symptoms of cholera infantum. Put about 5 drops of the tincture in a half tumbler of pure, cold water and give the child a little of it every two hours or so until better.

*Sambucus*.—As soon as the hungry child begins to nurse it must let go the nipple to breathe, it needs *Sambucus* 3.

*Cina*.—When children are apt to awake, screaming, and are very difficult to soothe, then two doses of *Cina* 3. twice a day, will sometimes clear away the trouble.

*Milk sugar*.—A little milk sugar in the babies' food, when not fed at the mother's breast, is always a good addition to its food.

*Natrum muriaticum*.—When the child "slobbers" or is afflicted with "slovering" give it an occasional dose, a tablet, of *Natrum mur.* 12x. This is Schuessler's prescription.

*Iris versicolor*.—Children or babies who habitually vomit have been cured by *Iris vers.* 3., according to Raue.

### Back.

*Tellurium*.—Has repeatedly cured pain in upper part of spinal column and back. Use 30th, once a day.

*Rana bufo*.—Said Wahle: “Whenever you have a spinal disease where symptoms come on at a certain hour give *Rana bufo*—give it blindly, and you will be surprised at the results.” Use 6. or 30th potency, twice a day.

*Berberis vulgaris*.—Where there is persistent pain in the “small of the back” *Berberis vul.*, in 5 drop doses of the tincture, has given relief.

*Rhus toxicodendron*.—When there is a pain in the back—lumbago—or rheumatic pains in any part of the body, in damp weather, or especially cool, damp weather, this drug, *Rhus tox.* 3., is what is needed. It is the great rheumatic remedy for the rheumatic pains that come on in wet weather—cold or warm. Two or three doses a day are sufficient. Whenever one feels better it is a good rule to stop the medicine.

*Ginseng*.—The Chinese regard this as the greatest of all the drugs. Some American doctors have claimed that it will relieve the stiffness in back, legs, etc., that afflicts many. Dose, the tincture, 5 drops or the ix.

### Balky Horses.

When a horse balks, so a mounted policeman is reported as saying, lift his foreleg so it is bent at the knee joint, hold it for one or two minutes, then let it down and tell him to "get up"—and he will go.

### Barber's Itch.

*Thuja*.—Paint the affected parts with *Thuja* θ and give *Thuja* 30 internally, and a cure will follow, said Dr. P. C. Sanderson.

### Bath Cure. Hot Baths.

*Warm baths*.—Dr. A. Rose, of New York, was a warm advocate of the warm bath for many diseases. In surgery the warm bath is advocated for surgical operations where possible, both to prevent infection and inflammation. The same applies to burns. In cerebro-spinal meningitis the continuous warm bath, he says, is among the "best treatments." The warm bath is also

useful in delirium, insanity, tuberculosis, and many other states. The duration of the bath, or, more properly, the remaining in comfortably warm water, is not nor cannot be definitely stated. Fresh water should be run in, continuously, if possible. Probably the best thing is to let the immersion last as long as it is comfortable to the patient, and then repeat when it again "feels good." (This is condensed from International Clinics, Vol. II., 23d series.) It may be also stated that the assertion has been made that a very hot bath, short, of course, of doing injury, is the best thing in extreme cases of hydrophobia (if there is such a disease) and in lock-jaw. Presumably the idea is that the warm bath, as all know, is very relaxing. But remember that the bath should not be warmer than you, who are in health, could bear. This is well to remember, for it has been intimated that patients have been done to death by too hot baths.

### Bed Bugs.

*Salt.*—As bed bugs are said to convey disease, the following recipe is given from old-timers for getting rid of them. It is this: Sprinkle their haunts freely with salt. Coal oil or gasoline is probably more effective, but it is well to have

two strings to one's bow. Also powdered borax blown in the cracks where vermin lodge is said to drive them away, this applying especially to cockroaches.

### Beri-Beri.

*Rhus toxicodendron*.—According to Majumdar, is the chief remedy for this disease. 3d potency.

*Potato*.—Reduce raw, white potatoes to a pulp, squeeze out the juice and give in teaspoonful doses. Probably chewing raw potatoes and swallowing the juice, or the pulp, if desired, might produce the same effect. The raw potato is also said to be a cure for scurvy. Beri-beri is a disease of which little seems to be known (as is the case with most diseases), but is probably a sort of tropical scurvy, in which case the same line of treatment would fit both. Lemons, or any *fresh* vegetable, no doubt, would cure as well as anything else. Some one, years ago (name not recalled), said that an excess of lemons would produce all the symptoms of scurvy, so lemons, etc., are the remedy that is homœopathic to the case. Beri-beri may *not* be a tropical scurvy. So *Rhus tox.* should be kept in mind.

**Biliousness.**

*Iris versicolor*.—Fernie writes that 3 or 4 drops of the θ of *Iris vers.* in a little water and taken at one time is better for the bilious attack with vomiting than is the usual dose of calomel, or the “blue pill,” which, like calomel, is but a form of mercury, a medicament that it is always well to let severely alone except in the infinitesimal doses.

*Chelidonium*.—According to Burnett *Chelidonium* θ, in 5 drop doses, three times a day, is the “organ remedy” of the liver, which, of course, includes biliousness, jaundice and other liver ills. He worked wonders with this old herbal.

*Berberis aquifolium*.—“J. de W. C.” in an article said that he was peculiarly subject to biliousness and that *Berberis aq.*, in about the ix, completely cured him and made a “new man out of an old one.” *Berberis aq.* is a tincture of the “Oregon grape” or the “Mountain grape.”

**Bladder.**

*Chimaphilla umbellata*.—Twenty drops of this tincture in half a tumblerful of water, tea-spoonful doses every half hour, is an old remedy

for cystitis, or for scanty,ropy mucopurulent urine. It is an old herbal remedy.

*Grape fruit*, and also hard *apple cider*, are said to be "good for the bladder," for the condition that causes men to get out of bed frequently to urinate when the amount of water passed does not justify the call.

*Causticum*.—There are "bladder" troubles where, though often called to urinate, there remains the feeling that the bladder is not emptied and the urging continues. In these cases, according to Gouillon, *Causticum* 6. is the remedy. Give every hour until relief, then discontinue.

*Ferrum phosphoricum*.—Inability to retain urine has been cured by *Ferrum phos.* 6x.

*Cantharis*.—Where the passage of the urine, very often scanty, burns like hot water, *Cantharis* 3 is a remedy that often works curative wonders. Also where there is a stoppage of the urine—inability to urinate.

But the bladder remedies are "legion."

### Bleeding.

*Calendula*.—In bleeding via mouth or rectum, 10 drops of *Calendula succus*, or tincture, in a

tumbler of water, teaspoonful doses, has given relief, in tuberculosis, cancer, bowel or other diseases. So the men of old time said.

*Acalypha Indica*.—This drug, on the testimony of Drs. Tounere, S. A. Jones, Henry Thomas and Peter Cooper, is very effective in haemorrhage, or bleeding, from the lungs, or coughing bloody sputum. It is usually effective in the 6th potency. Every half hour during the bleeding. May be beneficial in cases of tuberculosis, where blood shows in what is coughed up.

*Geranium maculatum* in doses of 5 to 10 drops of the tincture has been reported to do excellent work in haemorrhage of tuberculosis, uterine haemorrhage, and in other forms of pathological bleeding or coughing of blood.

*Hamamelis*.—Witch Hazel, to be found in almost every house, is a fine haemostatic. Snuffed up the nose it will at once stop bleeding. It should not be taken too freely, and often, internally, else it will cause bleeding. (We once knew a man who complained every now and then of passing blood freely with stool. The frequency was increasing. Found he was taking several spoonfuls of Witch Hazel every day for

his "stomach." When he stopped taking it the discharge of blood stopped.)

*Thlaspi bursa pastoris*.—This is an old Rademacherian remedy for any sort of internal bleeding. Give from 1 to 5 drops of the tincture in water, though the dose often used runs up to 30 drops, but if the smaller dose stops the haemorrhage why give more, especially as the tincture is ill smelling, though it is but the ordinary "shepherd's purse" of our fields and not poisonous. It is claimed by some physicians that the  $\text{ix}$  dilution (1-10) is better than the tincture, as the tincture may produce unpleasant symptoms. Good also for urine tinged with blood and containing "brick dust," gravel, uric acid, etc.

### Blemishes on the Skin.

*Sun rays*.—It has been asserted, from actual experience, by a number of men, that birth marks, tattoo marks, moles and all other permanent skin blemishes may be removed by burning glasses concentrating the rays of the sun on the affected parts. Great care must be used not to make the burn too severe, and consequently it must be frequently repeated. If the mere surface is charred by the heat without injuring the

tissue the result will be, so it is claimed, a complete removal of these disfiguring marks. Some men even claim that outside cancers are more benefitted by this treatment than by the x-rays. This is known as "solar therapy." Its advocates, some of them, even say that cancer can be cured by this method. It is probably true that all of the various "rays" made by machinery are present in the solar ray. But this therapy is still an almost unknown land. Too much of any ray will do harm, so will the solar ray, and it must be employed with caution. It is well for the operator to use colored glasses to protect his eyes for the concentrated ray is blinding in its brilliancy.

### Blisters.

*Natrum muriaticum*.—“Fever blisters” on lips or mouth will generally be relieved by a few doses of *Natrum mur.* 30., say, two a day. Don’t take it in lower potency, use the 30th. Has cured many cases afflicted with annoying fever blisters. This is especially true of young children.

### Blood.

*Celery*.—Mr. Gibson Ward, President of the Vegetarian Society, of England, asserts that

celery is at once a blood purifier and will prevent rheumatism. It can be taken either cooked or raw.

*Echinacea* came into vogue when it was learned that a certain "blood purifier" was nothing but the tincture of *Echinacea* disguised by aromatics. It seems to be a true "blood purifier," or, as the old doctors used to say, "Alterative." It seems to be useful in every blood disease, from pimples and boils to small-pox, all of which are but nature's efforts to throw off blood impurities. Moses wrote that "the blood is the life."

*Lachesis*.—This drug, *Lachesis* 6., has saved many cases from death from dissecting wounds, or cuts from instruments used on septic material.

### Blood Poisoning. Sepsis.

*Lachesis*.—Many lives have been saved by *Lachesis* 6th, from blood poisoning from cuts in dissecting or handling decayed or diseased matter, or from surgical operations.

*Echinacea*.—Where there is great swelling and inflammation from wounds showing a state of sepsis *Echinacea*, mother tincture, in 5 or 10 drop doses, is said to be effective.

*Skookum chuck*.—Many cases of intractable skin diseases, like eczema, or any dry, scaly, scabby manifestation, have been cured by this salt of the Medical Lake in 2x or 3x trituration. It is said that before the days of the white man the Indian tribes (of North America) had an agreement that during a state of war no man who was going to Medical Lake (Washington) should be molested. They generally went to be healed of "sores," which are but the result of bad blood. It is also said that sheep with "scab" were healed by the waters of this lake. *Skookum chuck* is the triturated salts of this lake. The possibilities of this drug are but vaguely known, but seem to run to the cure of the scabby, scaly forms of skin ills—which, in the final analysis, are but outward manifestations of internal ills. *Lachesis* for the deadly sepsis, *Echinacea* for the active eruptions, and *Shookum chuck* (Indian "good water") for the chronic states form a powerful trio for the treatment of "skin diseases."

### Blood-Pressure.

*Baryta muriatica*.—Dr. A. L. Blackwood says that wherever there is very high blood pressure *Baryta mur.* 6x will give relief. This

does not apply to cases where the pressure results from diseased kidneys or calcareous blood vessels, but in otherwise apparently normal persons. He found the 3x rather aggravated the trouble, but the 6x generally acted "like a charm." Those who were given the 3x said, "I cannot stand that medicine," but those receiving the 6x expressed great relief, all of which seems to show that the "potencies" play an important part in really scientific medicine. Too much may be hurtful, when enough is curative. Better sin on the side of the small dose. *Strychnine* will kill; it will also cure—in the *small* dose. So it is rational medicine not to get as close as you can to the killing dose, but as far as you can from it to still keep to the curative dose. In these *Radium* days, and x-ray days, this curative stage is *very* far from the killing dose.

### Boils.

*Figs.*—Among the oldest therapeutic hints is the one to be found in *Kings* II., *Chapter XX.*, verse 7, Hezekiah, the king of Judah, was "sick unto death." "And Isaiah said, Take a lump of figs. And they took and laid it on the boil, and he recovered." Presumably the figs were made

into a paste. Whether the "boil" is what we would term so today is a question for Hebrew scholars. On this subject Fernie, (*Herbal Simples*) says, "When split open (*i. e.*, figs), and applied as hot as they can be borne against gum boils, and similar suppurative gatherings, they afford ease and promote maturation of the abscess; and likewise they will help raw, unhealthy sores to heal." A warm fig poultice is harmless and easily applied.

*Honey*.—An old practice was to mix flour and honey to a paste, spread on a rag and apply to boils.

*Agrimony*.—Mix a teaspoonful of *Agrimony* θ in a bread poultice and apply. This was the practice of an old New Jersey physician which was so successful that patients with boils came to him from far and near and they all received the *Agrimony* bread poultice and were quickly relieved. This, of course, is merely palliative and does not prevent other boils from forming.

*Pineapple*.—The pulp of a pineapple applied to a boil has proved to be very efficient. Pineapple juice seems to have the power to digest unhealthy tissue.

*Echinacea*.—Probably the best constitutional

remedy for boils, especially where the patient is very subject to them, is *Echinacea*, the tincture, in a wineglassful of water. 5 to 10 drops, twice a day, is generally recommended, though larger doses are frequently given. In drugs, however, it is not quantity that cures, but an unknown something. *Echinacea*, the "blood purifier," seems to take away the tendency to boils as well as to promote the healing of those already in evidence. (This has often been verified.)

*Bellis perennis*.—This drug, in drop doses of the tincture, three times a day, is a good remedy for boils. This use of the drug comes to us from England. This drug seems to have the same power over boils and bruises that *Arnica* has without its more active properties. Neither, in reason, are harmful.

### Bones.

*Symphytum*.—When the bones are broken this drug (*Comfrey*) will aid in the knitting process when taken internally, and rubbed on externally, i. e., the tincture. When pain persists at the point of the break, even years afterwards, this drug, the tincture, rubbed on the place will give relief. Also in irritable stumps, the 3d potency,

or the 30th, may be taken internally. It has a wonderful influence in hastening the knitting of broken bones.

*Calcarea phos.*—The 6x of *Calcarea phos.* is a tried and true remedy for weak, soft, rachitic and ulcerated bone. It will also aid in the knitting of broken bones.

*Silica.*—This remedy is indicated in caries or necrosis of the bone. Use the 30th potency.

*Calcarea fluorica.*—This is the "biochemic" remedy for all bone diseases that do not come within the sphere of necrosis. For growths on the bones or diseases of the "elastic tissues." This covers a great field, even to cataract of the eye.

### Brain. Mental.

*Cannabis Indica.*—When to the patient a very short time seems to be ages, or an object close to seems to be far away, *Cannabis Ind.* is indicated. Give 30th potency three times a day until better.

*Calcarea carbonica.*—When a patient sees things on closing his eyes, or has a notion he is going crazy, give *Calcarea carb.* 30th, one dose a day.

*Causticum*.—When any one, child or adult, is afraid in the dark; say, of going to bed, *Causticum* 30. is a good remedy. A dose a day.

*Ignatia*.—Sometimes persons are the victims of grief, “silent grief” that nothing can change, or of homesickness, which is akin. In such cases *Ignatia* 30. has often effected a cure. You can give the 1st or 6th potency, but being a mental condition the 30th seems to be better fitted. One or two doses a day.

*Kali phosphoricum*.—Occasionally men, and sometimes women, “break down,” the once strong and self-confident man will cry like a child, he is “all in” yet nothing markedly seems to ail him—he is a nervous wreck. For such cases *Kali phos.* 6x, 6 tablets, a dose every three hours, has done good work.

*Lycopodium*.—For the “tired mind” of those past the meridian of life *Lyc.* 30. will at times give great relief.

*Natrum muriaticum*.—For brain-fag—tired, hopeless, hypochondriacal, sad, the future dark—take *Natrum mur.* 30.

*Cuprum aceticum*.—It has been asserted that where the patient, mentally affected, shrinks, or

draws away, from all who approach, *Cuprum acet.* 6. is the remedy needed. Frequency of dosage is an open question in such cases, probably two or three times a day, until better.

*Bellis perennis*.—It is said that 5 drops of the tincture of the English daisy, *Bellis per.*, in water, one or two teaspoonfuls a dose, two or three times a day, will give relief "when the brain is muddled, the sight dim, the spirits soon depressed, the temper irritable, the skin pimply, the heart apt to flutter and the whole aspect of the patient careworn; as if from early "excesses." Apropos of pimply skin, it, the *Bellis per.*, is also said to be a great remedy for those much subject to boils.

*Salvia*.—This, the common sage used in cooking, is said by those of old "to be singular good for the head and brain, it quickeneth the senses and the memory; strengtheneth the sinews; restoreth health to those that hath the palsy, and taketh away the shaky trembling of the members." The plant can be made into a tea, or the tincture, about 5 drops, can be put on a lump of sugar three times a day and thus taken.

*Aconite*.—In cases where patient has marked fear—fear of death, fear of going out, fear of

crossing the street, in short, any marked fear, give Aconite 3., several doses a day.

*Aurum*.—An impulse to commit suicide is said to be cured by *Aurum met.* 30., two or three doses. Or the 6x trituration may be used.

### Breath.

*Baptisia tinctoria*.—From eclectic sources comes the hint that a foul breath will yield to *Baptisia* in material doses, say, 5 to 10 drops of the θ.

*Teucrium marum verum*.—Linnæus, the naturalist, had a great admiration for the medicinal virtues of “cat thyme” for those, especially the elderly, persons who had difficulty in breathing or inability to cough up phlegm. Dosage, material, 5 to 10 drops of the tincture.

*Sumbul*.—The 2x of *Sumbul* has relieved the utter loss of breath experienced on ascending stairs.

*Bryonia*.—This is a remedy for those who pant for breath on the least exertion. Give *Bryonia* 3., three times a day. Good “for panting dogs and panting persons,” a physician once wrote.

**Bright's Disease.**

*Ampelopsis quinquefolia.* — The "Virginia creeper," is a remedy for Bright's disease, and dropsy of renal origin, that has been highly lauded by country doctors. Dosage, about 5 to 10 drops of the tincture once or twice a day, with intervals of a few days every now and then. It is always well to let the patient have a day or so of rest from medicine, for too much medicine is, at times, as bad, or worse, than none at all.

*Apocynum cannabinum.*—Some men say that *Apocyn. can.* in doses of 5 to 10 drops of the tincture, or of the decoction, will give good results in Bright's disease. Dosage, twice a day.

*Lespedeza capitata.*—Back in the days of Thompson, founder of the Thompsonian school, it was claimed that *Lesped. cap.* was "as near a specific for Bright's disease" as could be hoped for. Later some men have seen good results from it and then had it utterly fail in other cases. Nothing is said of the dosage, but presumably 5 to 10 drops of the tincture will do all that is to be expected. Perhaps a bigger dose or lesser would be better.

*Barley water and watercress.*—An old German

cure for Bright's disease, one that has got into medical journals with reports of cure is, in short, to eat plenty of barley gruel and watercress. The tincture of *Nasturtium aquaticum* (watercress) may answer the same purpose if the plant is not available.

### Bromidrosis. Foot Sweat.

*Glycerine*.—Dr. Beneaus, a London pathologist (*Lancet*), wrote that an application of *Glycerine* to the soles of the feet and toes just before putting on the socks is the best treatment for bromidrosis, or offensive foot sweat. Generally three applications relieved. Incidentally it may be added here that the constitutional treatment of the homœopaths for this condition is *Silicea* 30., infrequent doses, a dozen pellets, every two days. This also applies to all offensive sweat. Hahnemann asserted that the suppression of foot sweat by external means always develops some other and worse malady.

*Butyric acid*.—This drug, *Butyric acid* 6. is a remedy for very offensive foot sweat, according to some latter day men.

*Silicea*.—In the 30th potency, a dose once a day, *Silicea* has cured many cases of offensively sweating feet.

*Calcarea carbonica*.—In cases where the feet are damp and cold, stockings always damp, but no pronounced bad smell, *Calc. carb.* 30. has done excellent work.

### Bruises.

*Potato*.—Apply raw potato cut thin, or scraped.

*Calendula*.—Apply *Calendula* tincture, or *Succus Calendulae*, to all bloody surfaces. Heals quickly and prevents suppuration.

*Arnica*.—If the bruise is the result of a severe blow apply *Arnica* tincture, but dilute it with 20 parts of water, as the pure *Arnica* may cause poisoning. *Arnica* 3. internally, medicated pellets, is the remedy for the effects of severe blows, concussions or any injury resulting from severe jarring of any sort. This also applies to remote effects of blows or concussions, that is to say, if any ill can be traced back to the effects of a heavy fall, blow or concussion, *Arnica*, internally, is the remedy, though in such a case it is better to employ the 30th potency, using the medicated pellets.

### Burns or Scalds.

*Baking soda*.—One of the best things for one who has been scalded is to bathe the part freely

in a solution of baking soda at once. Heals promptly.

*Milk*.—Dr. E. C. Price, in his own person, found that milk applied was the best remedy for burns from carbolic acid.

*Soap*.—For burns that will not heal, make a paste of scraped Castile soap and water and apply.

*Mutton tallow*.—A good dressing for burnt or scalded surfaces is to dip clean muslin in melted mutton fat, and apply, binding it on.

*Calendulae Succus*.—Apply pure to the burnt surface. Heals promptly, with but little pain. One of the best remedies for burns.

*Lettuce*.—Pliny said that bruised leaves of garden lettuce, salted, was a fine remedy for burns or scaldings before blisters form.

*Potato*.—Raw potatoes, pounded or scraped, is an old cataplasm for burnt or scalded surfaces.

*Olive oil*.—A recipe that is favored by many for burns of all sorts is the application of olive oil.

*Symphytum*.—McAllister, *Lancet*, Aug. 17, 1912, said that this was the best application for the ulcerative condition following burns.

### Cancer.

*Condurango*.—Dr. J. Compton Burnett gives as his Sixth "Reason" for being a Homœopath (*Fifty Reasons*, etc.) the action of *Condurango* in cancer. It was hailed as a "cancer remedy," but failed. He "proved" it and found among other things that it produces cracks or sore places at the corners of the mouth. The "Sixth Reason" is the cure of a cancer in a woman, with this drug, being guided by the condition of the corners of her mouth, or lips. "Without this guiding symptom it is useless."

*Poke leaves*.—The juice of poke leaves, or a cerate of the same (*Phytolacca decandra folia*), is an old remedy for cancer or ulcers. Said also to loosen up the stiff joints of rheumatism—ankylosis. Take *Phytolacca* internally at same time.

*Cholesterina*.—This drug was Burnett's great remedy for cancer of the liver. Verified by others.

*Mullein oil*.—The external use of this was practiced by the North American Indians for cancer. Some men have said that while it will not cure it seems to stop the growth and assuage its virulence.

*Carbonate of lime.*—*Lancet* (May 7, 1887) tells of a cancer cured (about 20 years ago) by the carbonate of lime from oyster shells—half a teaspoonful twice a day for two or three months. Other correspondents related cases of tumors, fibroids, etc., cured by this lime. The same was afterwards commented on favorably in the *Scientific American*. It probably attracted no attention owing to the fact that the remedy was not obtainable. The homœopathic trituration of *Calcarea carb.* ix is nothing else but this oyster shell lime thoroughly triturated with milk sugar and will give any good results there is in the treatment. A well triturated drug always has a more powerful action than the crude and a much smaller quantity will do better work. Homœopaths use the 30th potency mostly.

*Calendula.*—An old routine practice for external treatment of cancer is the application of the tincture of *Calendula* or *Succus Calendulæ*, that is, among the older practitioners. It cannot harm, while in very many cases it has given great relief to the sufferer. Take drop doses internally at the same time.

*Echinacea angustifolia.*—It is said that if patients suffering from cancer be given, say, from

five to twenty drops of the tincture of *Echinacea* internally, and the cancer be kept dressed with a free application of the same tincture externally, great relief, or even cure, may be looked for.

*Atropine*.—A French doctor said that a solution of one part of the sulphate of atropine to 1,000 of distilled water applied by a compress wet with the solution would allay the extreme pain of cancer.

*Trifolium repens*.—A pounded paste of the blossoms of the common red clover is a popular remedy in some regions for cancer. Apply the paste to the cancer. If the plant is not available use the tincture.

*Acetic acid*.—In Bennett's "Physiology" it is said that *Acetic acid* is the only drug that has developed the typical cancer cell. Dosage, homœopathic, runs from 3d to 30th. Not to be taken too often, say, once a day or every second day. Other dosage, of course, is "stronger."

*Robinia*.—This drug has given ease in gastric cancer where the acid vomiting was very distressing. The autopsy confirmed the diagnosis in these cases. The dosage must be guided by the results—5 drops of the 0, the ix, 1st or 3d, or "higher."

*Plantain*.—John Wesley was something of a doctor as well as preacher. One of his prescriptions was to apply the pounded pulp of plantain leaves to the cancer. This is the *Plantago* of pharmacy. There are *Plantago* ointments today used for that purpose and doing the same work, and also the tincture ( $\theta$ ) of the fresh leaves at homœopathic pharmacies.

*Nymphaea odorata*.—The use of this drug, like *Hydrastis* and *Hamamelis*, came from the Indians. In the form of suppositories is said to greatly relieve if not cure uterine cancer, prolapse and other ills peculiar to females.

*Pine pitch ointment*.—An old Bohemian cure for cancer. Apply to cancer on a clean rag and bind on. Perhaps it should not remain on too long. When removed wash ulcer with *Succus Calendulae*, and again apply.

*Homœopathy*.—Absolutely disregard the name "cancer." Carefully take the patient's symptoms, especially the mental or peculiar ones, and then give that drug no matter whether it is a "cancer remedy" or not. This course may lead to some undreamed of remedy. It has also led to some startling cures. In support of the contention that the mentality of the patient may

play a part in the selection it may be noted that Sir Henry Butlin, President of the Royal College of Surgeons (see *Lancet*, Dec. 2, 1911), reasoned to the conclusion that when you have solved the enigma of life you will know the origin of cancer. Now, as we all know, the mentality of a patient is the nearest point to which we can approach a patient's "life," to use Butlin's word.

### Cataract.

*Calcarea fluorica*.—German physicians have claimed that *Calc. fluor.* 6x has a noticeable influence on cataract of the eye, and some of them claim to have cured cases with this drug. Probably about 5 tablets per day of the 6x will do all that can be expected from the treatment. This is one of Schuessler's "biochemic remedies" and according to his theory of cell disturbance *Calc. fluor.* is the one remedy for this condition, *i. e.*, cataract. In this dosage it can harm no one and so is worthy of a trial before resorting to the knife, which as all know, merely removes the growth, but does not touch the cause.

### Catarrh. Cold.

*Petroleum jelly*.—An old remedy for colds in the head or catarrh is to put *Petroleum jelly* well up the nostrils.

*Arsenicum iodide*.—For colds where the congestion centers at the root of the nose, *Ars. iod.*, 3x trit., is an effective remedy.

*Avena sativa*.—From 10 to 30 drops of the tincture of *Avena sat.* in warm water, is said to be the best cure for a "cold," according to an Eclectic doctor.

*Gelsemium*.—Take two or three tablets *Gelsemium* 1. if cold causes dullness, fever and lassitude, chilliness up the back with headache. "Grippe."

*Eupatorium perfoliatum*.—This drug is the old "break-bone" of the herbalists. It is for colds or grippe where the bones ache. Take two or three tincture tablets, 4 times a day.

*Quinine*.—No one should take this drug save on the recommendation of a *competent* physician and he will only prescribe it with the greatest care. The almost indiscriminate use of *Quinine* by the public is to be deplored, as experienced men say it is far more hurtful than beneficial.

*Allium cepa*.—The onion, *Allium cepa*, is a remedy for the smarting, sneezing, eye-watering sort of colds, in character like the effect of the onion when you peel one. Give 3d potency.

*Dulcamara*.—This drug is useful for colds that are caused by cold, wet weather, or come on from sudden changes of the weather.

*Arsenicum alb.*.—In 6th potency a remedy for cold distinguished by a burning, hot sensation in nose, eyes, etc.

*Closed windows*.—Many persons sleep with their bed-room windows wide open regardless of the weather. Let any of these, when suffering from a bad cold, try sleeping with closed windows and a warm room, for a few nights. This simple process has not only cured colds, but other ills, as well. This applies especially to nights when the air is cold, wet and foggy. The quality of the air varies greatly, so some men say, so do not open windows when the air is of a quality you do not care to face.

*Causticum*.—When patient is hoarse, or voice lost, raw and sore on chest, or in throat, *Causticum* 6. will often quickly cure. Every hour until better.

*Tartar emetic*.—When chest is full of rattling phlegm, when there seems to be nothing but phlegm, *Tartar emetic* 6x will generally cure.

*Aconite*.—Any “cold” (or other complaint)

starting from exposure to dry, cold air, or a strong draught in hot weather (or cold weather), when you "cool off," needs *Aconite* 3. as a remedy.

*Ambrosia* 3. is "a fine remedy for bad colds," said an old doctor.

*Crotalus* 6. or 6x, is said to be very efficient in senile bronchial catarrh—thick, yellow, profuse.

*Kali sulphuricum* 6x is said to be the remedy for colds that hang on for weeks and months.

In what is popularly known as "Grippe"—epidemic influenza—it is difficult to give a remedy because each epidemic, like St. Paul's heathen, is a law unto itself and calls for its own "epidemic remedy."

### Cerebro-Spinal Meningitis.

*Gelsemium sempervirens*.—This is the remedy for preliminary stages of cerebro-spinal meningitis, the dull, dazed, drowsy stage. One part of the tincture to 10 of water, teaspoonful of the solution every two hours, or the 3d potency.

*Echinacea angustifolia*.—Dr. Webster claims that *Echinacea* is the best remedy for the developed meningitis, cerebro and spinal. Dose,

from 1 to 5 drops of the tincture, owing to age of patient. Give it every hour at first. If vomiting is present give *Ipecac* 3; if opisthotonus, give *Cicuta vir.* 3. "Out of mind," "wild eyed," *Belladonna* 3.

### Chiggers or Jiggers.

*Coal oil.*—These little insects—chiggers or jiggers—bury themselves under the skin, fester, and cause much discomfort to their victim. It is said that rubbing coal oil on the affected parts will give quick relief. Gasoline will answer the same purpose, possibly, or it may be that the crude petroleum, which is very penetrating, would be best of all. When a bolt is "rusted in" coal oil, or petroleum, is put around it and allowed to stand for a few days; it cuts into the rust and allows the bolt to be unscrewed, or loosened. Possibly this is the way the jiggers are served—only it may kill them and the constitution throw them out—as it does all effete matter—and men try to stop the throwing out process, and call it "curing skin diseases." Some skin diseases, like chiggers or rhus poisoning, require an external therapy, but not all require it. An eruption, while not pleasant, is often beneficent nature's mode of ridding the body of

dangerous matter. Don't plug up the sewers and call it a "cure"—the foul stuff is still within.

### Chilblains.

*Agaricus muscarius*.—Sieffert, of Paris, depended on the old prescription of *Agaricus musc.* 3., internally, and an ointment, or cerate, of the same, externally for chilblains, and was successful in curing his cases. The tincture should be used externally.

*Pulsatilla*.—Take *Pulsatilla* 30., internally, twice a day, and rub the affected part with the tincture of *Pulsatilla*, and, if chronic, alternate with *Sulphur* 30., internally. These two drugs, alternately, are an old prescription for chilblains.

*Veratrum album*.—An old German doctor said to treat chilblains successfully apply *Veratrum*, full strength, to them. This has been verified by American doctors—eclectics. Also it might be well to give *Veratrum alb.* 3., internally, two doses a day.

### Chorea.

*Cold spray*.—Bonschuts, in an old book, says that a cold spray of water (from an atomizer) will check or cure (?) chorea. Some use ether

for the purpose, but Hirsch says that cold water—ice water, if you have it—is just as effective.

*Magnesia phos.*—Internally *Magnesia phos.* 6x, three times a day, has proved to be effective in the treatment of chorea. Most likely this ill needs deeper treatment than the cold spray or the *Magnesia phos.* However, the latter, probably, is preferable, for care should be taken not to *suppress* a disease, for in this case it is still there. Disease should be eradicated.

### Complexion.

*Aethiops antimonialis*.—Goullon commended this drug in muddy complexions, unhealthy and a scrofulous skin; scabby; eczematous; ophthalmia, etc. He used the 2x trituration, once, or not oftener than twice a day.

*Natrum muriaticum* 30th.—In this potency it is said to clear up the “greasy skin” that is so annoying to many ladies. One or two doses a day, for a week, and then stop for a week and resume unless there is improvement.

*Graphites*.—The 3x trituration of *Graphites*, 3 or 4 tablets, twice a day, is said to improve the looks and health of fleshy women with coarse

complexions or skin. Take them for a week and then discontinue for a week or two, as it is never wise to take a drug persistently for weeks or months, without intermission.

*Spinach*.—The English *Family Doctor* (a journal) says that the free eating of spinach "acts as a tonic and beautifier."

*Berberis vulgaris*.—This drug, in the ix, has the reputation of curing pimples on the face of young girls and boys. Three times a day.

### Constipation.

*Olive oil* in itself is a pleasant and gentle laxative that has no bad reaction. Too many laxative drugs, when their immediate effect has been spent, leave the patient more constipated than ever, but olive oil has no such effects. It is also a wholesome food. It also greatly increases the flow of bile. It keeps the intestines lubricated—so they say.

*Honey and Sulphur*.—In France some doctors recommend a mixture of honey and washed sulphur for constipation complicated with piles. A dose a day for two days and then stop for a time. Presumably a teaspoonful for a dose.

*Silica marina*.—An English doctor, E. Cronin Lowe, found that *Silica marina* is a very potent remedy for the habitually constipated. The 2x trituration.

*Water*.—Drink freely of water, is an old recipe for constipation. Do it every day. This applies to those who drink very little water, using tea, coffee, milk, wine or beer instead.

*Figs and Honey*, at breakfast, "will prevent costiveness," so say old doctors. Eat them with your meals freely.

*Tabacum*.—*Long* standing constipation in women has been cured by *Tabacum* 30. once a day. Has cured cases of 20 years' standing, it is asserted.

Dr. Hering remarked that the person who is habitually constipated "may congratulate himself that he has no worse complaint;" also "that nearly all persons disposed to costiveness grow to be very old and remain strong to their death, if they do not commit suicide by taking aperient medicines," *i. e.*, pills and various purges. Drink plenty of water, sparingly of tea, coffee and liquor, eat fruit, soups and not too much meat and what you eat chew well.

*Nux vomica—Sulphur.*—A dose of *Nux vomica* 30., in the morning, and one of *Sulphur* 30., in the evening, has cured many cases of extreme constipation. This is the old homœopathic classic prescription.

*Wheat bran.*—Take good, rich wheat bran, add salt to taste. Then pour boiling water over it. After letting it stand a few minutes, pour off the water, and eat the bran, with milk, sweetened if desired. Incidentally have a set time for going to stool, whether you feel called to it or not. This recipe is from Dr. A. L. Gardner.

*Fasting and Nux.*—This was related: An old man suffered from constipation and was nearly bed-ridden. The doctor told him to eat nothing until he was ravenously hungry and "take this," i. e., *Nux vomica* 30., twice a day. The man, aged 82, followed instructions and got up and about again. This was a good cure and also the man's age proves what Hering said about constipation (see above). Fasting, with plenty of good water on the side, will cure many diseases. You won't die of starvation—nature will see to that.

### Constitutional.

*Formic acid.*—At various times, during the past 60 years, and possibly before that period,

men have written concerning the therapeutics of *Formic acid*—Krull, Hering, Dudgeon, Couch and others—but it remained for Dr. John H. Clark to definitely outline its uses, which certainly are great if one cured case reported can be followed by others of a like nature. Here is an outline of it:

Polypi and fibrous matter absorbed in nose. Nose and lips reduced in thickness. Chronic catarrh of nose, throat and intestines practically cured. Stiff joints limbered. Sight improved. Varicose veins almost healed. Digestion from being wretched is robust. This was accomplished with commercial formic acid. This is mixed with 20 parts of water and about a teaspoonful taken. Much larger doses may be given, but all those who have experimented with it say the smaller dose is better. *Formic acid* is said to be almost universally present in health, but absent in disease, especially in tuberculosis.

The tincture of *Formica rufa* is natural formic acid being made from red ants. If diluted in about same proportion, 1-20, may answer the same purpose as the commercial or even be better.

*Silico-sulpho calcite of Alumina*.—This drug,

otherwise *Slag* 3x, is said to be a "magical" cure for dreadful and itching piles, sore anus and constipation. Take several tablets a day until better, or the trituration, about half a teaspoonful twice a day.

### Consumption.

*Drosera rotundifolia*.—Provers who pushed this drug to its poison effects experienced hoarseness, with expectoration of yellow mucus from the throat and upper lungs, with hacking cough and loss of flesh, all of which points to consumption—homœopathically, of course. Whether the dosage should be of the tincture or the potencies is uncertain.

*Bacillinum*.—Dr. J. C. Burnett, London, wrote a book (*New Cure for Consumption*) to demonstrate that *Bacillinum* 30th or 100th would do more towards curing consumption, especially in its incipient stage, than any other treatment. This has been verified in practice by many physicians. It must not be confused with Koch's *Tuberculinum*.

*Malaria officinalis*.—This is a tincture of very much decayed swamp vegetation, advocated by Dr. Bowen, of Fort Wayne, Ind., who found it useful in old malarial cases and in consumption

—tuberculosis. In the past some medical writers have claimed that dwelling in a highly malarious country or near tropical swamps, where “the fever” prevails, has repeatedly cured bad cases of tuberculosis. This is a very old idea. *Mal. off.* is generally given in the 3x dilution.

*Lime*.—A negro, far gone in consumption, got a job at shovelling lime, and, of course, inhaled much dust. He recovered from the disease, so reported his attending physician. Well, if one, why not another, with *Calc. carb.*?

*Copper*.—*Cuprum sulph.* 3x, or lower, is a possible remedy for tuberculosis. It seems to “weaken” the tubercles, so says a correspondent of the *Journal of the A. M. A.*

*Aethiops antimonialis*.—Dr. Gouillon found this a great remedy, 2x trituration, in scrofulous and tuberculous cases, with oozing from eyes, nose or other parts.

*Berberis aquifolium* is said by all herbalists to be as near a cure for tuberculosis as exists. Given in 5 drop doses of the tincture, twice a day.

*Quinine*.—The observation was made that large doses of quinine seemed to predispose to tuberculosis. Much quinine is taken and much consumption prevails.

*Lycopus Virginicus*.—Old eclectics, or botanicals, said there was nothing that would check the ravages of phthisis like *Lycopus*. They gave it in material doses, say, from 5 to 10 drops of the tincture, once a day.

*Olive oil*, taken freely, half ounce or an ounce, every two hours, will often cause the tuberculous to take on weight and will not conflict with any medication. Cod liver, peanut or cotton seed oil will not do this, or set so well on the stomach as the pure, sweet oil of the olive. A touch of salt makes the olive oil more palatable to some. This holds with the idea of *feeding* the disease.

*Garlic*.—This is not a “cure,” but it is said that garlic eaters rarely are afflicted with tuberculosis. Perhaps it may be a cure, a heroic one.

*Onions*.—Years ago a Dr. Pearce, of England, recommended raw onions for all sufferers from consumption, or “phthisis.” Eat them raw, with salt, if desired. He also intimates that cooked onions may also be used if patient cannot eat them raw. Quite recently a prominent physician gave onion juice as a cure for tuberculosis. Eat them raw.

*Thlaspi bursa pastoris*.—In cases of consumption that are coughing up blood, or bloody sputum,

tum, *Thlaspi bursa pastoris* is said to stop the haemorrhage. It is best given in medicated pellets, or tablets. This is a tincture of the common capsella, or shepherd's purse, and has a rather vile smell.

*Natrum arsenicum*.—This drug (*Nat. ars.* 3.), three gr. doses, three times a day, has given relief in "advanced," in the "greenish," stage of tuberculosis. A few days' trial ought to demonstrate its worth. When better, stop!

*Dates*.—The date is said to be the most nourishing tropical or semi-tropical fruit we have. It is said to be very beneficial for those suffering from consumption or tuberculosis, as its influence is to soothe the cough, prevent constipation, while, at the same time, nourishing the body.

*Mullein*.—The ordinary mullein (*Verbascum thapsus*) has a great repute, especially in Ireland, as a remedy for tuberculosis. The leaves, about an ounce, dried or fresh, are boiled in a pint of milk, which is given to the patient twice a day. Or the tincture, *Verbascum thaps.*  $\theta$ , may be given, 10 drops in milk or water, or a saturated lump of sugar—10 drops or more—as it is not poisonous. Perhaps *Mullein oil*, which

is obtained from the bloom, may also prove beneficial in the same way.

*Stannum*.—When the body is thin and the sputum tastes salty to the patient and may be green looking, *Stannum* 6x, trituration, three times a day, may prove to be useful.

*Mother Earth*.—John Wesley, founder of the Methodist Church, was also a doctor. He wrote a "domestic practice" (29 editions) and ran a dispensary. One of his cures for tuberculosis was to dig a little hole in clean turf, lie flat on the stomach and breathe in the hole for about a quarter of an hour.

*Acalypha Indica*.—This drug comes in where there is bleeding or coughing up of much blood. Give 3d dilution.

*Bacillinum*—*Tuberculinum*.—The first named is prepared direct from the tubercular bacilli and accompanying tissue; the last named from cultures of the bacilli. It has been said that the *Bacillinum* acts best in moist climates and the *Tuberculinum* in the dry climates. Both should be given in "high" potency (say the 30th) and never by hypodermic syringe.

*Onion juice*.—Dr. W. C. Minchin, *Lancet*,

says that onion juice "is fatal to a large number of bacilli, which invade the human body." Possibly the eating of raw onions answers the same purpose. It is also said that inhaling bruised garlic, or cut garlic, has a highly beneficial action in the cure of tuberculosis. This idea is borne out in the experience in the tremendous European war that started in 1914. The old peasants said that garlic rubbed on or the juice, or bruised, garlic, applied to wounds, prevented them from "festering." The learned gentlemen who successfully used this process today said that the garlic was "antiseptic," which is the same thing. All down the ages garlic, or onions, have been regarded as health conservers—or germ killers, if you prefer the modern term.

The Babylonians said the cause of disease was "evil spirits," while their descendants say they are "germs"—a difference in terminology, but not in essentials. If onions, or garlic, remove disease, or germs, or evil spirits, he who is cured will not quarrel over terms. The results, "the fruits," is that which counts, for "by their fruits ye shall judge them." This old statement is in force today. For men are judged by what they do and not by their faith—as every reader knows.

This old rule applies to everything in this book or in other books—it is judged by its fruits.

*Climate.*—It has become routine practice to send the tuberculous to high altitudes, or to dry, hot regions. This practice has been condemned of late by some physicians who say that both of these climates are detrimental to the invalids. They say a moist, pure air is best, as in high altitudes there is less oxygen and, also, no one can live if the altitude be too high. While it is true that the hot dry climate lessens the cough it does so by drying up the moisture and thus preventing the expulsion of effete material and leaving the patient worse than if he could freely spit out the material.

### Convulsions—"Fits."

A quick relief, it is said, may be obtained by turning the patient on the *left* side. This procedure, it is said, will not cure the cause, even if it does stop the "fit." Where convulsions occur there must be a cause, which must be removed, or cured, if the patient is to gain normal health. This procedure can be quickly applied. It can do no harm, even if it does no good.

### Corns.

*Calendula succus*.—A good remedy for soft corns is to saturate absorbent cotton with *Succus Calendulae* and apply. About the best cure for corns is to get them neatly pared down and then wear very easy shoes. Nearly all corns come from tight shoes. Better be comfortable than to have your foot look a trifle smaller—for which no one cares but yourself.

### Cough.

*Glycerine and Whiskey*.—Mix these about half and half and take a tablespoonful for the coughs from colds or coughs that are not chronic—the cough that annoys the rest of the family at night, as well as its victim. So say some old timers.

*Teucrium marum verum*.—The bontanist, Linnaeus, is said to have been a great believer in the therapeutic powers of this species of thyme. Said to have cured coughs with night sweats; coughs in old persons who cannot raise phlegm, and asthmatic coughs; these are hints for its use. Dosage, from 5 drops of the tincture in water to the 3d potency.

*Sage*, or the tincure of *Salvia off.*, is a good, old domestic remedy for constant hawking coughs. Give material doses, say, 5 drops of the tincture or "sage tea."

*Narcissus*, in the 1st dilution, has proved to be curative in the most obstinate bronchial coughs. This from an English doctor.

*Mullein leaves*.—Dry fresh mullein leaves in an oven, and smoke them in a pipe, for constant hawking, and coughing. An old Irish remedy.

*Aralia racemosa*.—This drug is very effective, according to Burnett, in the cough that comes on after going to bed, or the cough that follows awakening, from the first sleep. In all others it is useless. He used from the 1x to the 3x.

*Solanum Carolinense*.—This is a remedy that has proved to be effectual in cases of spasmodic cough. Give drop doses, two or three times a day, of the tincture.

*Justicia adhatoda*.—A drug of India, tincture of the leaves. The native cults say that no death can occur from a cough where this drug is used. Useful in all coughs, from bronchial to the blood spitting of tuberculosis. Dose, 1 to 5 drops of tincture, once or twice a day.

*Manganum metallicum*.—In long standing coughs that cease when the patient *lies down*, but begins on arising, it is said that *Manganum met.* is an efficacious remedy.

*Peppermint*.—This is an old remedy for persistent dry coughs. Richard Hughes said that 8 or 10 drops of the essence of peppermint will often give, at least, relief in tuberculosis. It can be given on lump sugar.

*Verbascum thapsus*.—Some persons are much troubled, on going to bed, with persistent coughing, in some instances lasting for an hour or more. *Verbascum thap.*, in 3d potency or higher, has given relief in such cases. *Mullein oil*, which is derived from the verbascum plant (mullein), has also repute in the cure of coughs. Put out a few drops on a lump of sugar and swallow after it has dissolved in the mouth.

*Kali carbonicum*.—Some persons are troubled by a deep hollow, racking cough on arising in the morning. *Kali carb.* 30. has relieved cases of this sort.

*Stillingia*.—A drop of the tincture on a lump of sugar is reputed to be excellent for winter coughs.

*Magnesia phos* 6x is said to cure cough where little or nothing comes up—spasmodic and persistent hiccough.

*Causticum* 6. will, so some day, cure the cough that persists after a "bad cold." Often verified—and not quite a "therapeutical by-way."

### Cramps.

*Ferrum met.*—Many suffer from cramp in the feet and legs after going to bed. For such cases *Ferrum met.* 6x is said to be a good remedy. Take a dose on retiring.

*Gelsemium*.—The cramps that often attack men who write much, "writer's cramp," piano player's, or any others who use only one small set of muscles, will generally yield to a dose or two a day of *Gelsemium* 3.

*Cuprum metallicum*.—This drug, *Cuprum met.* 6x, is useful in choleraic cramps. Also, although this has nothing to do with cramps, it is said by some that the best drinking cup you can have is one made with pure copper. They say that no germs can live in a copper vessel.

### Cross-Eyed.

*Cyclamen*.—Strabismus, squinting or cross-eyed states have been cured by *Cyclamen*, ac-

cording to two German doctors—Eidherr and Wurmb. It seems improbable, but was so stated by these men at different times. They prescribed a rather high potency of *Cyclamen*, the 15th or 30th. Certainly it will not hurt any one to try it. Dr. Mossa, of Germany, also reports cures of "squinting" by *Hyoscyamus* 30. where there were convulsions in the history of the case; others by *Cina* 3., when associated with worms, and with *Mercurius* 6., where there was a syphilitic heredity.

### Croup—Diphtheria.

*Honey—Lard.*—This is an old German remedy that has been handed down for generations. When children have the croupy cough, or other throat troubles that come on children, take half a teaspoonful of lard and dip it full of strained honey, and give to the child, and then follow with a teaspoonful of the pure honey. Said by the old Germans to be almost a "sure cure." Possibly the honey and lard, well mixed, would be more palatable and easier to take. Whether butter and honey would not also answer is a question. Americans, housewives, give the pure, strained honey without the lard.

*Goose grease*.—In all cases of throat affections, rubbing the throat with goose-grease is very efficacious, according to the old-time households. Bind up the throat afterwards, loosely, with woolen cloths of some sort, after first putting around the throat a linen or cotton cloth wet with cold water.

*Pineapple*.—The juice of a pineapple will cut away the diphtheritic membrane and act beneficially in all such cases. This has been verified by responsible physicians. Easy and pleasant to take and not in the least hurtful. It cuts away the deposit in the throat.

*Carbolic acid*.—When antitoxin was new Dr. D. F. Shipley wrote that *Carbolic acid* 3x to 6x would do all the antitoxin does, at much less cost and very much less danger. Give it internally. Not lower than 3d potency.

*Coal oil*.—Two drops of coal oil on a lump of sugar is better than intubation in croup, or diphtheria, according to the Pennsylvania farmers' wives.

*Alcohol*.—In a medical journal (*Med. Brief*), and credited to "Dr. Guernsey, of Philadelphia," it is said that alcohol (87 or 95 per cent.) diluted one-half with water and given in small

but repeated doses will soon clear away the *malignant* symptoms of diphtheria. Also of typhoid and scarlet fever.

*Lemons*.—A German doctor claims to have treated 80 cases of diphtheria with lemon juice alone and lost only one case. He used it diluted with water, as a gargle, or patient could suck a little of the juice from the lemon.

*Sassafras* tea made from the bark of the roots of the sassafras tree is an old country preventive when diphtheria is about. They say those who drink it occasionally may have some sore throat, but no membrane ever forms.

*Sulphuric acid*.—Dr. Greathead, of Australia, years ago, said that 4 drops of *Sulph. acid* in a tumblerful of water, given in tablespoonful doses, coagulates and loosens the membrane so that it is soon easily coughed up. Seems to act like antitoxin.

*Tarantula Cubensis*.—Dr. Frerdley claimed that this remedy, *Tarantula Cub.*, 6., potency, would give relief in the worst cases of diphtheritic fever and, alone, would cure. Give frequently until relief is apparent. This for "malignant" diphtheria.

*Kali muriaticum* and *Ferrum phosphoricum*.—These two drugs, *Kali mur.* 6x and *Ferrum phos.* 6x, in half hourly alternation, are said to be near a specific for the ordinary run of diphtheria cases. It is the "biochemic" treatment of Schuessler.

### Deafness. Earache. Ears.

*Pulsatilla*—*Sulphur*.—Deafness resulting from "colds" has been cured by a few doses of *Pulsatilla* 3., or higher, followed by *Sulphur* 30., where other treatments had failed.

*Mullein oil*.—This was introduced into medicine by Dr. A. M. Cushing. It was an old country remedy, sun distilled from the bloom of the mullein. A few drops in the ear has cured cases of deafness, also deafness from water in the ear, and also earache. Put direct or saturate a pledge of cotton and insert.

*Elaps corallinus*.—In Mure's *Materia Medica* a marked symptom of this drug is "Constant deafness. Ringing in the ears." Also "loss of breath in ascending stairs." Better use 30th potency.

*Calendula*.—Dr. R. T. Cooper lauded the old

herbal remedy, *Calendula*, 5 drops of the tincture, diluted in water, as a remedy for deafness, especially if from bathing or sickness.

*Cheiranthus cheir* was one of Dr. R. T. Cooper's remedies for deafness. Given internally, infrequently. It is a tincture of the dark wall-flower. Dose, two drops  $\theta$ .

*Thiosinamine* 3x trituration has been successfully used in noises in the ears—ringing, hissing, etc. It is not a specific, but, as said, has been successful in some cases.

*Pulsatilla*.—A case is recorded where a woman who became "stone deaf" had her hearing restored under *Pulsatilla*. Potency not given. Some say that this drug acts best in the 30th potency, while others prefer the tincture.

*Thuja*.—Polypus, growths in the ear, discharges, have been cured with *Thuja* 30. Dose, once a day.

*Graphites*.—A case of deafness following scarlet fever of long standing was cured by *Graphites* 30. Give once a day. Perhaps the 200th or 500th potency would be more effective.

**Death.**

*Pulsatilla*.—This drug, *Pulsatilla* 30., will, in most cases, stop the "death rattle," though, of course, it will not prevent death. Often verified.

*Heloderma horridus*.—It hardly belongs under this heading, but it is said (*i. e.*, *Heloderma hor.* 30.) to have saved those whose bodies have begun to grow cold in death. Deathly coldness was one of the drug's marked symptoms in its proving. The story is told of a doctor called to attend a child that, when he arrived, was lying on its mother's lap, and she said it was dead. Extremities cold, but a slight warmth still about the body. The doctor put a few pellets of *Helodemra hor.* 30. in its mouth and went his way. The child grew warmer and recovered. Do not use it "stronger" than the 30th potency. Its provings, as intimated before, seem to show that it is near akin to the coldness of death. It is a little understood drug, but a deathly coldness seems to be its keynote, cold going up or down the body, not the cold of a chill but *coldness*.

**Deposits.**

*Ruta graveolens*.—Where there is a tendency to form deposits—lumps, nodules, joints tend to

become rigid, *Ruta* is said to have a beneficial action. Best dosage not stated, but it runs from 10 drops of the tincture to the 30th potency.

### Diabetes.

*Corn starch*.—A doctor contends, in a Missouri medical journal, that the best treatment for diabetes is raw corn starch. About a dram stirred in water; this and nothing more. By this method the patient does not suffer as from the rigid starvation regime.

*Asparagus*.—Persons suffering from diabetes will find asparagus an excellent addition to their diet and a beneficial one. Eat as freely of it as you please. At least, so it is said, by some doctors.

*Rhus aromatica*.—Years ago a country doctor in Missouri claimed that *Rhus aromatica* (not *Rhus tox.*) was a specific for diabetes. The dose, of the tincture, is from 5 to 15 drops, or even more. Later, others, said it is best for *diabetes insipidus*, with urine of a low specific gravity.

### Diarrhœa.

*Chininum arsenicosum*.—One of the best remedies for constant, weakening and painless diarrhœa. The 3x trituration is mostly used.

*Boiled lemons.*—For persistent diarrhoea that will not cease take a lemon and quarter it and let it simmer in a pint of water for six hours, or all night, adding water as it evaporates to keep it up to a pint. Take of this water two or three teaspoonfuls every three hours.

*Sulphur.*—It is said that *Sulphur* 30 will cure more cases of chronic diarrhoea—those who are always at it—than any other remedy. Two doses a day.

### Digestion.

*Aletris farinosa.*—A remedy often recommended for feeble digestion accompanied with general “run down” state. The patient is “tired all the time.” Dose, 5 drops of the tincture, twice or thrice a day.

### “Drooling.”

*Trifolium repens.*—This remedy, the white clover, in the 3d potency, is a remedy for the “slobbering,” “drooling,” or “slavering” of infants, or others—so “they say.”

### Dropsy.

*Apocynum cannabinum.*—A great remedy in dropsy—anasarca. Scudder regarded it as a

"specific." The tincture can be used, though some say the decoction is the best form. Dose, 5 to 10 drops, or even more, twice a day.

*Bees*.—An old remedy for difficult urination and dropsy is to pour boiling water over honey bees, making a bee-tea, and drink it. The same effect, however, can be had by taking a few grains of a trituration of *Apium virus* 6x, two or three times a day; or 2 or 3 tablets. This is a trituration of bee stings; wherein lies the medicinal virtue. Another method is to let the bees repeatedly sting you—a hypodermic of the remedy that is rather painful. Also *Apis mel.* will act, 3d potency.

*Shepherd's purse*.—Half a teaspoonful, or a quarter of a teaspoonful of the tincture of *Thlaspi bursa pastoris* (shepherd's purse) in a wineglassful of water, twice a day, before breakfast and supper, is a very old remedy for dropsy, difficult urination and where there are sand or deposits in the urine. This tincture has a rather bad odor.

*Onions*.—Raw onions, freely eaten, increase the flow of urine and, of old, had repute for those who were inclined to dropsy.

*Adonis vernalis*.—This is a remedy for the dropsy in Bright's disease; also cardiac dropsy. Cases are on record where *Adonis ver.*, in five drop doses of the  $\theta$ , three times a day, in advanced cases gave great relief, though it did not cure these cases, which were too far advanced.

*Liatris spicata*.—This drug is an old "botanic" for dropsy and for indigestion. Use from 5 to 20 drops in water, twice a day.

### Drunkards.

*Apocynum cannabinum decoction*.—The late Dr. Stacy Jones said that from 20 to 30 drops of *Apoc. cann.* decoction in water would do more to put a trembling "old soak" on his feet than any other drug, and, he said, they come back and ask for more of that "bitter water." This was also verified in some of the N. Y. hospitals, where such cases are brought in by the police. It is said to antidote the alcohol poisoning. Delirium tremens also.

*Acorns*.—Ten drop doses of the distilled spirit of acorns (*Spiritus glandium quercus*) is said by Burnett to be the remedy for kidneys and spleen affected by alcoholism. Also to allay the irresistible craving for whiskey. Take it morn-

ing before breakfast and in the evening before going to bed, in water. Better, safer and much cheaper than the "Keeley cure."

These "cures" are, after all, but aids. If the patient wants a real cure he must abstain from alcoholic drinks, or use them in what is, to him, an unaccustomed moderation.

*Water.*—When whiskey, or brandy, or wine, is drunk habitually, the free drinking of water—plenty of it, not a mere sip, but by the tumblerful—will tend to ward off the ill effects of too much alcohol.

### Drowsiness.

*Nux moschata.*—This drug, from the nutmeg, is remedial in the peculiar drowsiness, wakeful unconsciousness, or stupor peculiar to some persons, generally accompanied by giddiness and languid digestion. The dosage is uncertain or should be varied from the homœopathic 30th potency down to the ix, or even to 2 or 3 drops of the  $\theta$ . Those full blooded persons with a possibility of apoplexy should use the 30th and be careful of nutmeg as a spice. At one time "nutmeg tea" was quite popular with old ladies, one nut making several cups, producing deep and prolonged sleep, but it was a drugged sleep and

more or less dangerous, perhaps. The late Dr. Edmund Carleton argued that it ought to be the remedy for the African "sleeping sickness."

### Dyspepsia.

*Wheat bran and tea.*—Let those whose stomachs are out of order, who cannot eat anything without distress, in short, the worst dyspeptics, take a handful of wheat bran and stir it thoroughly in a cup of hot tea and sip it, bran and all. Do this for a few times and a cure follows. Get good, rich winter wheat bran, for much of the bran today is nothing but the woody fibre. This is an old, country recipe, said to have worked well in many instances.

*Robinia.*—In cases of acid dyspepsia, or acid stomach, this drug, *Robinia*, has given a good account of itself. May be given in the  $\theta$  or higher than the 3d. Probably it varies with the individual patient.

*Slag.*—Sometimes known as *Silico-sulpho calcite of alumina*, the 3x trituration, two or three 5 grain doses, is said by Dr. J. H. Clarke to remarkably cure flatulent distension of the abdomen and an oppressive feeling about the heart.

### **Elephantiasis.**

*Graphites*.—The 3x trituration of *Graphites* has been reported as curing several cases of elephantiasis. These reported cases were from the United States and from Germany.

### **Enuresis.**

*Mullein oil*.—An old remedy for bed-wetting. Take about 15 drops of *Mullein oil* at bed time. This "oil" is only so-called, for it is not an oil, but a dark aromatic liquid, sun distilled, from the Mullein bloom. Possibly, especially for children, 1 or 2 drops would be better.

*Ferrum phosphoricum*.—This drug has cured enuresis in both young and old, especially in the aged. Also, inability to retain urine during the day. Take 4 or 5 tablets of *Ferrum phos.* 6x, say, twice a day.

*Taraxacum*.—A tincture of *Taraxacum*—the dandelion—"provokes involuntary urination at night" and, consequently, ought, according to the homeopathic Law, be a remedy for bed-wetting. Whether it be given best in 1 drop doses of the tincture, the 3d or the 30th potency, is uncertain. Possibly, if anyone tried it, it would be

well to go from the 30 and so on down the scale, stopping when there is relief.

*Mullein oil*.—Where there is a constant seeping of urine, as sometimes happens, *Mullein oil* in 1 drop doses, twice a day, is said to help, that is, according to the testimony of Dr. A. M. Cushing, who proved the drug.

### Epilepsy.

*Argentum chloratum*.—Dr. Kissel, a follower of Rademacher, found *Argent. chlorat.* to be curative in nocturnal epilepsy. He used the equivalent of the 2x trituration.

*Enanthe crocata*.—Van den Bergh reported a cure of epilepsy in a man of 59, who had been an epileptic from his youth, with *Enanthe croc.* 6.

*Minus salt*.—Dr. A. Gordon once said, after experience with 37 cases, that the withholding of salt from the diet has a very beneficial effect on epileptics.

*Borax* has been found valuable in epilepsy. The hint comes from Europe. The 1st or 2d decimal trituration is said to be best. Dr. O'Connor, one time editor of the *Homœopathic*

*Recorder*, wrote that *Borax* is "a remedy that has done more good in dispensary practice than any other."

*Melilotus*, in drop doses of the tincture every five minutes, will stop the "fits," says a country doctor.

*Indigo*.—In cases of epilepsy, marked by a general state of melancholy or depression, *Indigo* 3 is said to give relief. An eclectic physician reports cures, with this drug, of epilepsy. Dose, 10 drops of the tincture. One case that had 12 spasms in 24 hours was permanently cured.

### Eyes.

*Prunus spinosa*.—Moffat says that *Prunus spinosa* θ, medicated pellets, is a remedy for severe pain in the eyes, where there is no other symptom.

*Oil of Thuja*.—Several doctors have written that they know of nothing better for corneal opacities than *Thuja oil*, applied to the affected part.

*Cimicifuga*.—In cases of severe and continued pain in eyes or ears, paint the surrounding skin with the tincture of *Cimicifuga*, applying with

a camel's hair brush. This has been recommended by country physicians. Also give same drug internally, 3d dilution, three times a day.

*Potato*.—For inflamed eyes scrape a raw white potato and bind the pulp on for a short time. An old recipe.

*Hot water*.—For pain in the eyes put a towel in hot water and then hold it as warm as is bearable to the eyes, repeating frequently.

*Cabbage*.—Bruise cabbage leaves to a pulp and apply to inflamed, watery eyes, or to eyes exuding pus. Or squeeze the juice out of the pounded cabbage and mix it with a little honey and apply. This goes back to the days of Pliny.

*Ruta*.—An old homœopathic, or, perhaps, popular prescription for strained eyes, strained from over-work, too much sewing, reading or the like, is *Ruta graveolens* 3. Take a dozen medicated pellets, about twice a day, until better.

*Physostigma* 30 cured pain in the eyes, etc. (astigmatism?) that glasses would not relieve.

*Massage*.—Years ago a Dr. Schlegel advocated the use of massage for the eyes to restore failing vision. He cited a case in which a young girl had had her vision restored and as nothing

that had been done could account for it he concluded that the vigorous examinations of the eyes "constituting a sort of massage" must have been responsible. There may be some good in this idea, but, of course, it will not hold where certain pathological conditions are present. Still it is worthy of consideration.

*Aconite*.—There are cases on record of sudden blindness, coming on without apparent cause and when all the other functions of the body seemed normal, having been cured by *Aconite* 3.

*Ferrum phos.* 6x for simple inflammation.

*Natrum mur.* 30 for "watery" eyes.

*Kali sulph.* 6x for pus-like exudation.

### Eye-Lids.

*Staphisagria*.—This drug has a long record of curing hard lumps, growths, nodosities—chalazion—on the eye-lids. The prescription is mostly in the 6th potency.

*Styes*.—*Pulsatilla* 30 is the most used remedy for styes.

*Platanus occidentalis*.—Dr. Chas. H. Hubbard called attention to this drug for chalazion,

sacral cysts and styes. The use of this drug goes back to the days of Dioscorides for such ills of the eye-lids. Burnett recommended it in five drop doses, three times a day. Is reported to cure the oldest and most obstinate cases. Possibly a smaller dosage would answer, say, the 3d potency. Also bathe with a weak lotion of the tincture and water.

### Erysipelas.

*Honey*.—A pure, strained honey applied frequently to the affected part, either pure or on a clean cloth, is said to be remarkably efficacious in cases of erysipelas, by the men of old.

*Echinacea angustifolia*.—This remedy, when applied to tissue disintegration in erysipelas, has a favorable and soothing action, so some claim. Also take the same in daily doses of 5 drops of the tincture.

### Expectoration.

*Snuff*.—It has been said that after a pinch of snuff with its accompanying sneezing free expectoration follows. Possibly, though this is speculation, a bit of tobacco in the mouth may do the same.

### Fatigue.

A French doctor claims that the best and quickest way to overcome extreme fatigue is to take off the shoes and raise the feet, resting them on anything that is handy, a wall, chair or any other object that will hold them up, while the person lies on his back and, if convenient, with the head slightly pillowed. Remain in this position for a few minutes.

A member of Stonewall Jackson's "foot cavalry" said that their rule was to march for 50 minutes and then the men would stretch out on the ground, at full length, completely relax for 10 minutes, after which they would resume their march. By this means they were able to make their wonderful and apparently tireless marches.

Garth Wilkinson said that *after* severe fatigue a drink of whiskey and water is very useful, but, taken before the exertion causing the fatigue, it would break down endurance.

*Arnica*.—The homeopathic remedy for severe exertion, especially the heart troubles of athletes, is *Arnica* 30, a dose a day, until better.

*Coffee*.—Dana, in his "Five Years Before the Mast," said, for the terrible exposure and work involved in beating around Cape Horn, a pot of hot coffee was the supreme restorative.

*Arnica Oil*.—This old preparation would be better termed Arnicated Oil. If base ball pitchers, runners, oarsmen or any set of athletes who go to the limit in muscle strain would rub their muscles with Arnica Oil they would out-class their competitors. This was once verified in a champion base ball team.

### Fæces, Impaction of.

*Olive oil*.—According to a correspondent of *Medical World* there is nothing better for impaction of fæces than a liberal injection per rectal tube of olive oil. Incidentally it may be mentioned here that an English doctor said that practically every case of appendicitis could be cured by the same means—cleaning out the tract by means of high injections of olive oil.

### Felon.

*Nitric acid*.—An old practitioner contends that when the painful felon is touched—use a wooden tooth pick, or other bit of clean wood—with fuming *Nitric acid*, all pain is relieved. Care must be taken not to let the acid run on the flesh. One or two applications give relief. This doctor, a German, wrote that this treat-

ment never failed to give quick relief and a speedy recovery. A felon seems to be something independent of the body, for it must come *out*, and thus touching it with *Nitric acid* seems to kill it and thus facilitate its expulsion.

### Fever.

*Aconite*—*Ferrum phosphoricum*.—These two great “fever remedies” have been differentiated as follows: *Aconite* is indicated where the patient is restless and expresses fear, worriment, etc., while the *Ferrum phos.* patient is despondent, depressed, annoyed at trifles and so on. In the first the fever seems active and in the latter passive. *Belladonna* shows red, hot, flushing, glaring or bright eyes, with hallucinations. *Arsenicum alb.* shows restlessness, anguish, burning, prostration, fear and despair. The *Gelsemium* fever is dull and apathetic, drowsy and weak. The *Bryonia* fever rather anomalously has chilly sensations, doesn’t want to move and generally has an intense headache. *Rhus tox.* has a fever identified by a desire to lie down, tired, sore, bruised feeling, restless because of desire to change position on account of discomfort, pain in the back, repugnance to food, but desires water. (Fever is not a disease, but a

symptom. These indications are not "by-ways," but the great therapeutic high-road and, perhaps, have no business here in a book of "by-ways.")

### Fever Blisters.

*Natrum muriaticum*.—The annoying fever blisters on the lips are frequently cured by a few doses of *Natrum mur.* 30. The same remedy will also frequently cure the crack, so annoying on the lower lip that affects many at times, and seems to be akin to the fevered lips. The corners of the mouth may also be cracked.

### Filariasis.

*Pepper*.—Dr. J. A. Robinson (*Brit. M. J.*) says that pepper is both the preventive and cure of the intestinal parasites known as filaria. In his hands the tincture of *Capsicum* cured a number of cases. He says the races that eat much pepper do not have these worms.

### Fingers.

*Petroleum*.—In cases where there are fissures or cracks on the finger tips, bleeding, sore, etc., *Petroleum* 30 has effected cures in cases of years' standing, one dose a day. The nostrils also may

be cracked and the general condition dry and rough like the fingers. Of course, the 1st or 3d potency may be used, if desired.

### Fistula.

*Silicea*.—Dr. Kaluschke (Hamburg) contended that a fistula was but a natural drainage tube and the only relief was to cure what it drained and not to stop it by external applications. Probably the best constitutional remedy is *Silicea* 30, two doses a week.

### Foot and Mouth Disease.

*Symphytum* or *Comphrey*.—The first is the name used by Dioscorides for this plant so famous for aiding the healing of broken bones by applying the mashed up green plant or the tincture to the affected part, also taking a little of the latter internally. Fernie, in his *Herbal Simples*, says that when cultivated it grows luxuriously and "is both preventive and curative in foot and mouth disease in cattle." He does not state, however, how it is given, but, presumably, the tincture in the water the cattle drink, or put into the mouth by most convenient means, 20 or 30 drops.

### Frost Bites.

*Snow*.—The classical remedy for a frost bitten part is to rub it at once with snow, ice or cold water.

*Honey*.—When a frost bitten part continues to be painful an old remedy is to anoint it with honey.

*Rubbing*.—Another remedy, verified by Arctic explorers, is to gently rub the frosted part, as soon as discovered, with the open or gloved hand until circulation is well established.

*Agaricus muscarius*.—Where the frozen parts itch *Agaricus musc.* 30 is said to give relief. Take it internally.

### Freckles.

*Horse radish*.—The herbalists said that the fresh juice of the horse radish, mixed with a little vinegar, will prove of service in removing freckles. Gently rub the mixture on the freckles. Perhaps it will be well to wipe the face afterwards, as the horse radish might prove irritating. Another recipe is: "Combine equal parts of *Glycerine* and *Lactic acid* as an application to remove moth and freckles from the face."

*Strawberries*.—The French herbalists apply crushed, ripe strawberries to the face at night for freckles and "heat spots" caused by the sun.

*Lemon*.—Take a piece of lemon and rub on the freckles; it will make them less noticeable and also whiten the skin, is another old recipe.

### Gall Stones. Renal Colic.

*Olive oil*.—Though often denied, many doctors insist that olive oil, given freely, is the best treatment for gall stones. It will surely do no harm. Dr. O. M. Terry, N. Y., was a strong advocate of the treatment and, years ago, the *New York Medical Journal* printed a chart of many cases cured or greatly relieved by this agent. Dose ran from a tablespoonful every three or four hours to larger quantities. Probably the smaller dose oftener repeated is the most effective.

*China*.—Dr. Thayer has the credit of first calling attention to the action of this remedy in preventing the recurrence of gall stones. The remedy is to be given in 6th potency continuously for a year or longer, about twice a day. The potency and frequency of dose may be varied; probably, also, there may be interludes of a week now and then when the drug may be stopped.

Others have advocated the use of the 30th potency instead of the 6th.

*Calcarea carbonica*.—It has been claimed by many practitioners, among them Dr. Richard Hughes, that *Calcarea carb.* 30 would relieve the pain of gall stones almost as quickly, and certainly more safely, as *Morphine*.

*Ipecac* 6 is said to quickly alleviate the pain of gall stone colic.

#### Germs. Microbes.

*Cinnamon*.—Fernie quotes “Mr. Chamberland” as follows: “No disease germ can long resist the antiseptic power of essence of cinnamon, which is as effective to destroy microbes as corrosive sublimate.” But exactly how this cure-all (assuming as do our present-day doctors who trace all disease to germs) is to be used is not stated. It is said to be good for a “qualmish stomach.” Two or three drops of the tincture ( $\theta$ ) diluted in water at a dose ought to do the germs. Or chew a little of the bark. Cinnamon candy, if pure, ought to be good. Large doses, toxic, produce haemorrhages from the bowels and nose. *Cinnamon* is said to be good against grippe or influenza, and in districts where

it is raised the people are immune from malaria. All of this is a combination of ancient and modern lore, given for what it is worth—as is all else in this little book.

### Glands.

*Phytolacca decandra*.—In all cases of swollen glands that are not connected with a history of syphilis, or tuberculosis; but of inflammation of the glands; of painful breasts, ovaries, etc., *Phytolacca*, in small doses, proves to be curative. Use the 3x tablets. It may also prove beneficial to apply a *Phytolacca* ointment or salve to affected part. The *Phytolacca* ointment rubbed on stiff joints is also said, by some old worthies, to be “good.”

*Bacillinum 30*.—It is the remedy for tuberculous glands. Give it infrequently, say, once a week.

### Gonorrhœa.

*Petroleum*.—Attomyr declared crude petroleum was the best “clap” medicine. He administered it in drop doses, three times a day.

*Calendula*.—In a solution of from 20 to 30 per cent. is said, by some old practitioners, to be the best and safest injection for gonorrhœa; the

same, but half and half with *Hydrastis*, is best for gleet.

*Mullein oil* has been used with great relief to the patient by injection in old cases of gonorrhœa. Dr. Kippax gave this hint. Whether it would do well in recent cases is an open question.

*Natrum sulphuricum*.—According to von Grauvogl, one time chief of the Bavarian Army Medical Corps, *Natrum sulph.* 3x, 6 tablets, four times a day, together with a dose of *Thuja* 30, once a day, will rapidly cure gonorrhœa.

### Goitre.

*Calcarea fluorica*.—It has been said that *Calc. fluor.* 6x, 5 tablets, about three times a day has cured goitre. This drug is a great remedy for osseous tumors, and cataract, so there is no reason why, if this be true, that it should prove to be efficacious in goitre.

*Fucus vesiculosus*.—Time and again this drug comes to the front as a cure for goitre, *i. e.*, fairly recent cases not old ones. The dosage runs from 20 drops to a dram, once or twice a day. It is "sea-wrack," or "sea bladder," tincture.

*Magnesia phosphorica*.—It is reported that cases of goitre have been cured by *Mag. phos.* 6x.

*Gunther's goitre remedy*.—This remedy is from the folk-lore of Germany and was favorably mentioned by Dr. Lutze in his *Manual*. It is a powder (trituration) and is to be taken internally, once a day. The folk-lore contends that it acts better if taken during the increase of the moon. It has undoubtedly seemed to cure cases of this disease and surely will harm no one. Physicians have reported cures by this remedy. Lutze gives the ingredients, sponge, etc., which seems to link it with *Fucus ves.*

### Gout.

*Fraxinus excelsior*.—This drug, in the tincture, about 5 drops, twice a day, is regarded by the French and the German peasants as a specific for the pains of gout, according to Dr. Peynaud, and other observers. They verified it on their own persons and on others.

*Rosemary*.—It is said by those of old that a tincture of this drug (*Rosemarinus*) was efficacious in relieving the pain of gout, where there is no swelling. Make a lotion, a teaspoonful of

the tincture to half a tumbler of water, and keep applied to the affected part. Also, internally, a drop or two of the tincture, twice a day.

*Potato*.—An English physician claims that the juice of a raw potato (or the pounded pulp) applied to toe will relieve the pain of gout.

*Urtica urens*.—This is one of Burnett's gout remedies, for acute attacks. He gave it in 10 drop doses of the tincture, twice a day. It is an eliminant for gravel, sand or uric acid in the kidneys or bladder.

*Cider*.—"Hard cider" is an old remedy for gout. It may not be as palatable as old crusted port, but it gets there, they say, and is worth trying if patient must drink. The Norman peasants had great faith in cider as a preventive of "stone," which, of course, includes uric acid deposits, "sand," and the like.

### Gum Boils.

*Calcarea sulphurica*.—It is said that *Calc. sulph.* 3x is a "sure cure" for gum boils. Give five tablets, three times a day. A Schuessler remedy.

**Grippe. Influenza. Colds.**

*Oranges*.—There is a current belief in some parts of the world that when grippe, or influenza, is epidemic, the free eating of oranges will guard one against contracting the disease. Possibly useful during an attack.

*Natrum sulphuricum*.—This remedy is claimed by some to be a specific for genuine grippe or influenza, or for the lingering after effects—if you haven't been cured by it. Give *Natrum sulph.* 6x, about 6 tablets, every two hours, until amelioration sets in, then lessen the dose.

*Avena sativa*.—For the often slow convalescence from grippe, 5 drops of *Avena sat.* θ, three or four times a day, is said to be very effective. It is a tincture of oats.

*Sabadilla*.—This is a remedy for grippe that seems allied to hay-fever—red eyes, watery, much sneezing, running at the nose, headache. Use *Sabadilla* 3. Dose, every hour.

*Eupatorium perfoliatum*.—This is the old herbalists' "bone-set." It is indicated in grippe, or colds, when the bones ache—the whole body and head aches. Give the tincture or the 3d or higher, about four times a day.

*Gelsemium*.—This drug comes in gripe when the patient is drowsy, listless, weak and prostrated. Use the 3d potency.

*Bryonia* comes in where the pain seems to center in the chest. Use 3d potency.

*Arsenicum* comes in where a burning sensation is largely in evidence. Use 6th potency.

*Ambrosia artemisiæfolia* "will cure more acute colds than all other remedies I have used." —*Kirkland*.

### Gun Powder Stains.

*Glycerine*.—In cases of injuries from gun powder explosions, apply glycerine with compress. It is said to remove all the black spots and promote rapid healing.

### Hæmorrhoids. Piles.

*Ignatia*.—According to Carroll Dunham, in cases of piles, where the stitches, itching or pain seems to go upward *Ignatia* 30 was the remedy. To be taken internally, two doses a day, until cured.

*Suppositories*.—For ordinary piles a suppository of *Æsculus* and *Hamamelis* will give the

quickest relief. Where pain is excessive, but not much blood, *Æsculus* suppositories will do the trick. Where bleeding is the leading feature *Hamamelis* suppositories are indicated. In these cases the drug does the work, and it can be given most conveniently in a suppository, though, if preferred, the salve or ointment can be employed. Also, the drugs named can be taken internally in 3d potency if desired, some men say, with advantage.

*Lycopus Virginicus*.—Dr. Proell said that *Lycopus Vir.*, in the 1st decimal potency, has the peculiar power to bring back hæmorrhoidal fluxes that have been suppressed, or suddenly ceased even for years. The return always brought great relief to the patient who developed some other and worse ill from the suppression, but not cure, of the hæmorrhoids.

*Negundo*.—It is claimed that the tincture, or the ix, of the box elder, *Negundo*, taken internally in doses of 3 or 4 drops, will give quick relief in cases of painfully engorged piles. This comes from Kansas.

*Hypericum*.—Dr. Roehrig, Germany, said that *Hypericum* was the greatest of all pile remedies. Applied externally it gives quick relief and taken

internally it cures. No matter what the disease so long as piles are present, give *Hypericum*. He did not mention dosage, but it runs from 5 drops of the tincture, twice a day, to the ix. 3d or higher.

### Hair.

*Thallium*.—At a meeting of the French Academy of Medicine (1898) it was shown, by photographs, that the use of *Thallium* to check excessive perspiration caused baldness—the hair rapidly falling out. This led homœopaths to speculate whether the same in a potency, say, the 30th potency, would not stop the falling of the hair. No reports.

*Ferrum phosphoricum* 6x and a dilute tincture of *Geranium Robertianum*, according to Dr. Stoeger, of Switzerland, stopped the hair from falling out of an anaemic young man. The *Ferrum phos.* was taken internally and the dilution rubbed in the scalp.

*Salt water*.—An old recipe is to wash the hair in hot salt water to prevent it from falling out. Use sea water, or put salt in the water when it is heated.

*New moon*.—An old idea is to get the hair

cut on the "increase" of the moon to prevent it from falling out. Any time up to the full moon.

*Soap*.—Some men say that too much washing, or shampooing, is bad for the hair, as the excess of soap destroys the oiliness.

*Arnica oil*.—Possibly it should be termed *Arnicated oil*. But, be that as it may, what is known as "arnica oil" has repute among the Germans for years as a means of stopping the falling of the hair and, in some cases, it is claimed, of causing it to grow. The oil is merely rubbed in the scalp about as often as the head is washed, rubbed in thoroughly. It is olive oil, lightly medicated with *Arnica*.

### Hay Fever.

*Arundo mauritanica*.—Dr. John V. Allen called attention to this drug (a species of Italian grass) as a remedy for hay fever. 3d potency or higher. It has proved beneficial in a number of cases, though it is not a "specific," a thing, probably, that does not exist to fit orthodox nosology.

*Chromico-kali sulphuricum*.—This drug in 1x, 2x, or 3x trituration was highly commended by Dr. L. Merch (Brussels) as both a cure and

prophylactic for hay fever. Some Americans who have tried it say it is practically a "specific."

*Allium cepa*.—It has been said, "Don't forget *Allium cepa* in hay fever, because it cures." Use 3d dilution.

*Acidum succinicum crudum*, 3x trituration, is the drug that Dr. Morris Weiner always found effective in hay fever.

*Soap dust*.—A simple remedy, but said to be effective, is to inhale a little dry, Castile soap. Get it very dry and make as near a powder of it as possible and snuff it up the nose. Maybe it washes out the "germs."

*Sabadilla*.—This drug is said to be the remedy where sneezing is excessive. Use 3d.

The old proverb, "What is one man's meat is another man's poison," holds good in the treatment of hay fever and, indeed, of all other diseases. The remedy that will cure one patient will not cure another, and too often will be pronounced "worthless," when yet it has merits in its own sphere. Finding the sphere or indications is the rub!

### Headache.

*Melilotus*.—A tincture of the sweet clover, or the 1x dilution, is a remedy for those headaches

or neuralgias that drive the patient wild so that he wants to bump his head against the floor or wall; is close to delirium. If it acts it acts quickly. Do not administer it over a period of time, *i. e.*, two or more days. Two or three doses in half an hour will do all that can be expected.

*Gloinoine*.—Congestive headaches, surging of blood to the head, and headaches caused by the sun, require *Gloinoine* 6.

*Epiphegus*.—This is a remedy for the sick, or nervous, headache that comes on some women on any departure from their regular routine, such as shopping, visiting, etc. Give 1st or 3d potency.

*Iris versicolor*.—The remedy for sick headache with vomiting, or sour vomit. Use 1st potency.

*Belladonna*.—The remedy for throbbing headache. Use 3d potency.

*Nux vomica*.—The remedy for the “jag” headache. Give the tincture pellets or tablets.

*Bryonia*.—For headaches, where patient doesn’t want to move, wants to be alone, bursting headache, bitter taste. Use 3d potency.

*Gelsemium*.—“Blinding headaches,” beginning with a blurr before the eyes. Use 3d potency.

*Ignatia*.—The remedy for the nervous headaches brought on by worry, hurry or mental emotion. Use the 30th potency.

*Usnea barbata*.—Years ago a medical journal printed a communication on this drug from the maple tree. In effect one drop of the tincture will cure very violent habitual headaches, and also sun headaches. Sort of “cure all.”

*Geranium maculatum*.—In drop doses, or tablets, of *Geran. mac.*  $\theta$ , or the 3d potency, has frequently been found relief for “habitual sick-headache.” Every hour, until better.

*Chionanthus Virginica*.—Sick-headache that comes on at regular intervals sometimes finds a remedy in *Chionan. Vir.* 2x. Every hour, until better.

*Onosmodium Vir.* 3, every hour, until relieved, has been found to be efficacious.

*Crotalus* 6 has cured headache where the patient had to walk on tip-toe to avoid the jar of the ordinary walk, which was intensely painful. This from Dr. S. M. Schell.

### Heart Disease.

*Crataegus oxyacantha*.—An enthusiastic doctor once compared the action of the mother tincture of *Crataegus ox.*—the berries of the white English hawthorn—to the action of “a good meal on a tired, hungry and cold man.” The dose is about 5 to 10 drops in a little water. *Crataegus* seems to be nearly a “universal heart remedy,” fitting all cases.

*Phaseolus nana*.—This is Dr. A. M. Cushing’s remedy for certain heart troubles, such as “smothering spells,” sudden sinking, etc. Use 6th potency, or higher.

*Arsenicum*.—This drug, 3x trituration, has been said to be *the* remedy for fatty degeneration of the heart.

*Convallaria majalis*.—Tincture or 3d, is said to be the remedy in heart cases where the patient cannot lie down, but must sit propped up in bed.

*Iberis amara* ix will relieve tachycardia, or a rapid heart, palpitation, better than any known means, according to some old practitioners. Also a remedy for simple dilated heart. Dose, 2 to 3 drops of the tincture, three times a day.

*Arnica*.—It has been said that *Arnica* 30, or,

better, the 200th or 500th, will give relief from the oppression of a fatty heart. It is especially adapted to the heart troubles of the athletes brought on by too much violent training and exertion. Dose, once a day, until relief is experienced.

### Heartburn.

*Raw Potato.*—A physician remarked to us that about the best and quickest cure for "heart-burn" was to take a piece of raw potato, chew it and swallow the juice, but not the pulp. "Better than soda bicarb.," he concluded. This man is way up in modern medicine, is widely known yet probably would not put that hint into one of his stately papers. Send them into the compiler, who is on the hunt for them.

### Heels.

*Cyclamen.*—There are occasionally persons who suffer from a pain in their heel. *Cyclamen* 30, say, two doses daily, has cured a number of such cases.

### Hernia.

*Lycopodium θ.*—It is said that a solution of 10 drops of *Lycopodium θ*, in a little water and applied externally, will reduce hernias better than anything else.

*Nux vomica*.—There are records of hernia, or rupture, being cured by *Nux vomica* 3, about two doses a day. At any rate, this drug seems to be generally useful for those suffering from hernia or rupture. The cases were mostly in the young.

### Hiccough.

*Ginseng*.—Dr. C. R. Crosby was a victim of this distressing condition until he heard from a country woman that “ginseng tea” would cure it—and it did. Since then, in practice, he has used it successfully. Dosage, the tincture or ix. Also useful in indigestion.

*Magnesia phosphorica*.—This drug, 6x or 12x, has cured many cases of hiccough. Some men regard it as the specific.

*Capsicum*.—A hot infusion of *Capsicum* tincture, or of the red peppers, is another remedy for persistent hiccough.

*Nux vomica*.—This drug, 1st, 3d or 30th potency, is especially indicated in the hiccough of alcoholism, or for transient cases.

*Hands*.—It is said that one way to stop hiccough is to place the flat of the hand upon the pit of the stomach, just below the breast-bone, with a firm pressure.

### House Maid's Knee.

*Silico-sulpho-calcite of alumina*.—Otherwise *Slag*, in the 3x trituration, will cure "house maid's knee." Give a few grains of the trituration, three times a day, about as much as would rest on a ten cent piece. This comes from an English doctor.

### Hydrocephalus.

*Argentum nitricum*.—Some experienced men say that *Argentum nit.*, 6th or 30th potency (latter for the very young), will almost certainly cure every case of hydrocephalus—where the child begins to roll its head, throw it back and cry out in sleep or awake.

### Hydrophobia.

*Arsenicum*.—A Swiss doctor, Guison, maintained that arsenic, in small doses, was the real prophylactic for the bites of rabid animals. It is used in the 3x tablet triturates, twice a day, for a week, unless arsenical symptoms develop, when, of course, it must be discontinued or lessened. A good treatment after being bitten by any animal. Safer, more efficient, and far cheaper than the Pasteur injections. To this

it may be added that a very considerable number of learned medical men hold that there is no such disease as hydrophobia (which means, "fear of water"), but that it is a disease of "suggestion," by which is meant that if you had no belief in the disease you would not get it. A physician once told the author of this book that he, who did not believe that there was any such disease as "hydrophobia," saw a case that seemed to disprove his belief, but he found the dog who had bitten the patient and the dog was alive, lively and healthy; when the "victim" heard this he at once recovered. The French wits said that "hydrophobia" came in as an actual disease with the advent of the Pasteur Institute. Possibly the ills that do follow bites sometimes are caused by the foul teeth of the animal, a species of blood poisoning. It is mostly the teeth of old animals that cause the poisoning, for such teeth are mostly decayed and full of septic matter. However, this is but speculation.

### Impetigo.

*Echinacea*.—Ten drops of *Echinacea θ*, for internal use, twice a day, and a wash made, one part of the drug to three of water, applied internally, is said to act well in this disease, especially in the contagious variety.

*Skookum chuck*.—The 3x trituration of the Salts of the Medical Lake is excellent for any scabby or pustulous skin disease, including impetigo.

### Indigestion.

*Nux vomica* and *Carbo vegetabilis*.—“Nux and Carbo” tablets are much favored by the public of late years for indigestion, flatulence and the ills centering around those words.

*Euonymus atropurpurens*.—This drug, *Euonymus*, in 5 to 10 drops of the tincture, has repute in relieving indigestion combined with a torpid liver, biliousness and constipation.

*Taraxacum*.—That old home remedy, the dandelion, is reputed to cure weak digestion with headache, and some jaundice. The dosage is large, but it seems to us that 5 to 10 drops of the tincture ought to do all that *Tarax.* can do in the way of cure.

*Ginseng*.—An old remedy for indigestion accompanied with rumbling in bowels. Dose, 2 to 3 drops of the tincture.

### Ingrowing Toe Nails.

*Magnetis polus Australis*.—A daily dose of *Mag. polus aust.* 30 for a few weeks is said to

remove the tendency towards ingrowing toe nails. Of course, broad toed, easy shoes will generally relieve this ill, but there are cases where even this will be of no avail and it is in these that this curious product of the magnet seems to act. This has been repeatedly verified.

*Let the nail grow.*—Another, a mechanical cure, that is sometimes effective (so "they say") with those whose nails are not too thick is to let the nail grow out so that the pressure of the shoe bends it down and thus lifts the sides, or ingrowing part gradually. This may or it may not work satisfactorily.

*Cutting.*—Another method is to cut a V in the middle of the projecting nail; keep it cut down as fast as the nail grows. Others say that scraping the center of the nail so that it is kept the thinnest part will do the trick.

### Insanity.

*Oxytropis Lamberti*.—Some men, like Hawkes, Gee and others, contend that the "loco weed" (*Oxytropis Lamberti*) is a remedy for idiocy. It is the weed that has given rise to the term, familiar among cattle men in the west, of "locoed," as cattle, horses, mules, etc., eating it,

get in that condition. Dosage, ix, or, possibly, higher or lower.

*Warm water.*—It is claimed that all cases of insanity or of mild mental derangement are greatly improved by reasonably prolonged baths in comfortably warm water.

*Cimicifuga.*—This was picked up from Dr. Carl Williams. In effect: When after child-birth you have a mother who has gone off into mania put 20 drops of *Cimicifuga racemosa*. θ into a partly filled tumbler of water and give her a teaspoonful dose every two hours. It will generally right things, though there are occasional cases where you will have to give, intercurrently, *Hyoscyamus*.

*Phosphorus.*—When the patient sees faces looking out of the corner of the room, or other places, in the dusk, *Phosphorus* 30 may help.

This field is too vast for a superficial book like this. Also, insanity is too little known. Start out to find out what "sanity" is! The "insane" man once said in answer to a question, "Why are you here?" replied that the world was too many for him. He was sane in his own notion of things. So are we. The African tribes, they say, think the insane know more than the rest

of the tribe and let them alone. It is a murky subject.

### Insomnia.

*Asclepias tuberosa*.—About 5 drops of *Asclepias tuberosa* θ, in a cup of hot water, at bed time, has a soothing effect and promotes sleep in the nervousness of colds, coughs and pleuritic cases, or in grippe.

*Hot milk*.—A little hot milk just before going to bed is an old cure for insomnia. *Drink and go to bed at once.*

*Head lowered*.—One way of getting to sleep is to lower the head, *i. e.*, discard pillows and bolster, or use a very small pillow.

*Camphor*.—When coldness and cramps are marked in sleeplessness *Camphor* has proved to be curative.

*Conium maculatum* is a remedy for the nervous, fidgety, jerky persons troubled with sleeplessness. Give in 3x doses.

*Position*.—On going to bed assume a comfortable position and hold it, resisting all desire to move, or, if you do have to move, do it slowly.

*Onions*.—Eat freely of onions, raw or cooked, at supper, and you will sleep well. The story

is told of a schooner loaded with onions whose crew could hardly keep awake on watch if the vessel was stationary.

*Nutmeg*.—In olden times they used to pound up a nutmeg, which, with hot water, made about 4 cups of tea. Drink one of these and you had profound slumber. This, however, is a very questionable means of producing sleep.

*Whiskey*.—One old method was to take a big drink of whiskey. It will work, but the sleep is rather short and, in time, the dose must be increased to the D. T. point.

Some say the best thing for insomnia is to make up your mind that you cannot go to sleep so make yourself comfortable in bed and enjoy the comfort and, the first thing you know, you are asleep. *Hard physical work* is also a good soporific.

### **Itching.**

*Fagopyrum*.—This drug, 3d to 30th, is a good remedy for the intense itching that sometimes almost drives the victim mad. *Fagopyrum* is buckwheat and many have heard of the buckwheat itch.

*Mezereum*.—Where there is intense itching in one place that makes its victim scratch until the

spot bleeds, *Mezereum* (3d or 30th potency) will often cure. This has been verified.

*Dolichos*.—The Duke of Argyle put up posts on which his tenants could rub their backs and after they had had a good scratch they exclaimed, "God bless the Duke of Argyle." Now some say that the itching which cause men to rub their backs against posts or something else, as cows do, can be cured by *Dolichos* 3.

### Kidneys.

*Acorns*.—The distilled spirit of acorns, *Spiritus glandium quercus*, acts as an antidote to the effects of alcohol on the kidneys and spleen, according to Dr. J. C. Burnett.

*Hydrangea arborescens*.—Ten to 40 drops, in warm water, *i. e.*, warm water is preferable, of *Hydrangea ar.* is an old remedy for the condition once known as "the stone"—brick dust sediment, urates, uric acid, gravel; bladder and urethra irritated and pain in the back deep-seated. About once a day.

*Milk sugar*, in teaspoonful doses, three or four times a day, is said, by Germain See, to be one of the most efficient diuretics and is absolutely

*safe*; in fact, nourishing. "In fact, milk sugar is a physiological diuretic which acts more strongly on the kidneys than *Strophanthus* and *Digitalis*."

*Rhus aromatica*, the fragrant Sumach, in 30 drop doses, according to some old-time country doctors, will cure diabetes-insipidus or mellitus.

*Saururus cernuus*, a tincture or infusion of a plant commonly known in the south as "lizard's tail," is an old popular remedy for inflammation or irritation of kidneys, bladder, prostate and urinary passages. It was highly commended by Dr. Phares. The infusion was given in strong doses, 1 to 3 fluid ounces, but of the tincture, from 5 to 10 drops, in water, ought to be enough.

*Agrimonia eupatoria*, in small doses, say, one drop of the tincture, several times a day, was Scudder's remedy "for pain in the region of the kidneys."

*Apocynum cannabinum decoction*, in 5 to 20 drop doses, is said to be an efficient remedy in "Bright's disease."

*Berberis vulgaris*.—Said to cure pain and aches in which the kidneys, bladder and loins are involved. Dosage, from 5 drops of the tincture to 3d potency, three times a day.

*Oranges*.—The eating of an orange or two, or, what is the same thing, taking the juice of an orange in the morning, has a beneficent action on the kidneys in health, preventing kidney diseases, and in kidney diseases, aiding in a cure or alleviating the condition. Most likely apples or grape fruit will answer the same purpose. Eat plenty of good, palatable, juicy fruit in the morning before taking your "chops and coffee"—good for the kidneys.

### Knee.

*Potato*.—The juice of the raw potato, or the pulp; in fact, the application of the raw white potato in some form, is said to be very beneficial in synovitis, inflammation of the knees, or any affection of that joint. This appeared in the *Lancet*, of London.

### Lead Colic.

*Olive oil*.—Dr. Bram says that a daily tumblerful of olive oil is the best thing to overcome lead colic and its constipation. Perhaps that is a bigger dose than some could take, so make it smaller if a tumblerful is too much for the patient.

### Leprosy.

*Crotalus horridus*.—The rattlesnake venom cured a rich leper, according to a story published by Dr. Benjamin in 1771. He had willed his property and the heirs, wishing to hasten matters, put the poison of rattlesnakes in his wine and he recovered. Then they confessed. Presumably the 6x, frequently repeated, would do whatever good *Crotalus* can accomplish, or it can be used stronger. The story is curious and may possibly point to a remedy. It seems that if any disease can stand heroic measures it ought to be leprosy.

*Ustilago maydis*.—An Indian doctor once suggested *Ustilago* as a remedy—said he had good results from it.

People have a dread of lepers, but, as a matter of fact, the disease is not contagious unless it is pricked or inoculated into the body. In India and the East, according to reports, lepers are employed as house servants. Also a western physician wrote an article that was published in one of our American medical journals in which he told of a bank-runner who came to him for treatment for a "skin disease." The man was a leper. The doctor told him to say nothing.

but continue on his job, but sleep in a separate room at home. He did this for ten years, by which time the disease had so far advanced that he had to stop work. The doctor added that no one in that city contracted the disease. Don't associate with lepers—but do not have a foolish fear of them, seems to be the moral.

*Pyrarara*.—Is obtained from a fish in the Amazon river. Dr. Marques de Oliveira has studied it and concludes from actual clinical experience that it is a remedy that can play an important part in lepra. One case reported, a woman, so disfigured as to almost cease to be human in appearance—face, nose and ears ulcerated and corroded, arms like raw flesh, fingers eaten by the disease, body covered with nodules, ulcers, and of a coppery color—was practically cured, as much as such a wreck could be, by using *Pyrarara* 6th first, and later, the 30th. He afterwards tried it on others with “splendid results.” Dr. Oliveira was led to this remedy—being a homœopath—by the fact that the natives of the Amazon valley say that all who eat much of the fish from which the “lard” constituting the remedy is obtained become leprous.

### Lice.

*Staphisagria*.—Some children seem to attract lice like molasses does flies. Von Villars reported such a case and cured it with *Staphisagria* 30th, internally. Seems absurd, but so it was reported. The mother told him in answer to his first rough, "Why don't you keep the child cleaner?" that she did, but no matter how often she washed and combed it the lice would soon appear. Well, with unbelief, he gave *Staphisagria* 30 and, after one washing, the lice never appeared again. So reported in an old German medical journal.

### Lips.

*Antimonium crudum*.—Chapped lips, sore at the corners, yield to *Antimonium crud.* Often verified, 3x or higher, three times daily, 12 pellets a dose.

*Graphites*.—Lips that are dry, burning and cracked have been relieved by *Graphites* 6. Give three doses daily, 12 pellets.

*Natrum muriaticum*.—This drug, *Natrum mur.* 30, a daily dose of 12 pellets, will cure the greater number of cases of "fever blisters" to which it is administered. Also cracks in the middle of the lower lip.

### Liver.

*Carduus Marianus*.—The tincture of the St. Mary's thistle, in doses of from five to ten drops, is a great liver remedy, or for diseases in which the liver is primarily involved, as, for instance, following abuse of liquor, or associated with asthma, dropsy, coughs with profuse expectoration and many other conditions traceable to the liver.

*Natrum sulphuricum*.—This drug, in the 6x trituration, is a liver remedy, especially where there is a sick-headache accompaniment. A yellow, greenish or brownish coated tongue is a strong call for *Nat. sulph.* in any condition.

*Carrots*.—Persons with liver diseases or bilious persons should eat carrots frequently. In parts of France this is considered a cure for the liver, or for bilious conditions.

*Chelidonium*.—A fairly modern book maker (Fernie) writes that the old doctrine of signatures is long since exploded, and then quotes the fact that by its guidance *Chelidonium* was selected by the ancients for jaundice, torpid liver, clayey stools, pain under shoulder-blades and the other evidences of liver ills. Well, today, in 5

drop doses of the  $\theta$ , 2 or 3 times a day, it is about the best "liver medicine" available, according to some doctors, who, at times, stray from the orthodox path.

### Lockjaw. Tetanus.

*Hypericum*.—This is probably the best remedy for tetanus. Whether it acts better in the tincture or in the potency is an open question. *Hypericum* has been called the "*Arnica* of the nerves." As a preventive, or prophylactic, it is better and safer than the serum and far cheaper. It will harm no one, while all serums involve a certain danger. This well known (at least to homœopaths) property of the drug was used to a limited extent in the great European war, and with marked success, though this was mostly done *sub-rosa*, for the army physician knows not *Hypericum*, and usually brooks not the by-ways of therapeutics.

*Peach leaves*.—Dr. W. H. Kirkland says that half a dram of *Persicæ folia* tincture, in 6 ounces of water, hourly dose, cured a case of lockjaw in a young woman whose jaws were stiffening when the treatment began. The same tincture or a peach leaf tea, an infusion, will cure lockjaw in horses, and is also excellent for burns.

*Hot water*.—Put patient in water as warm as can be endured without injury. This procedure is reported to have cured.

*Gelsemium*.—In physiological dosage, is reported favorably in some quarters, as it produces "complete relaxation of the muscular system."

Of all these *Hypericum* looks the best.

### **Longevity.**

*Hard cider*.—According to the people of Normandy, and also parts of England, the use of hard cider produces long life and prevents stone in the bladder or calculus. It may be that the out-door, farm life that generally goes with hard cider is responsible for the length of years. Or it may be that cider, like wine, is better in some regions than in others.

### **Lumbago.**

*Potato*.—Apply a *raw* potato poultice, so said folk lore.

*Rhus toxicodendron*.—This drug, in the 3d potency, is probably the best remedy for pure lumbago. Three time a day, for two days, is sufficient, for if not cured by that time *Rhus* is not the drug.

*Berberis vulgaris*.—Sometimes there is a “lame back” that simulates lumbago. For this, *Berberis vul.*, in 5 drop doses, twice a day, for a few days, effects a cure.

### Malaria.

*Shucks*.—A decoction of corn shucks was (and is, perhaps) one of the “sure cures” for chills and fever among the pioneers. Many an old-time “country doctor,” or “settler,” vouches for its merits.

*Malaria officinalis*.—This is claimed by Dr. Bowen to be the true antidote to chronic malaria, or its effects. It is mostly used in 3d or 30th potency.

*Prophylaxis*.—The prevalent rule is to screen the room, but old-time men said that with a fire in the room you can safely sleep even on the Pontine marshes. Perhaps the two would be best.

*Nettles*.—Make a tea of nettles—the stinging variety—using the whole plant, roots and all. This tea, it is said, will “break” the worst case of congestive chills. This is popular down in the South. A tea made from the tincture of *Urtica urens* ought to answer the same purpose, using about 30 drops of the tincture, or take 5 drops of the tincture, 3 times a day.

*Alstonia constricta*.—Has repute for malarial case with dirty skin and tongue, foul urine and stomach "out of order"—a "dirty" case generally. Dose, about 10 drops of the tincture, say, twice a day.

*Quinine*.—This, of course, is not a by-way, but the great high-way. This is mentioned here to bring up the fact that if a few doses do not cure it is well to try something else because *Quinine*, long continued, is apt to harm the system. One California doctor noted that nearly all the tuberculous have taken much of that drug.

*Natrum muriaticum*.—This is a great remedy for old cases of malaria. Do not use lower than the 30th.

### Masturbation.

*Ustilago*.—Dr. Geo. J. Wenzlick had a patient who had an irresistible impulse to masturbate though he was married. When it seized him he could not resist. *Ustilago* cured the case and helped others. Can be used in 3d potency, twice a day.

*Bellis perennis*.—Many suffer from the evil effects of masturbation, both physically and mentally. *Bellis per.*, 3d potency, taken four times a day, is said by some to be the best means of aiding the victim back to normal.

### Memory.

*Anacardium*.—Where patient seems to have lost memory *Anacardium* 30 has often acted well. As these cases are not, as a rule, acute, it is well to give a dose of about a dozen pellets every two or three days.

*Glonoine*.—When the patient is prone to forget where he, or she, lives, when familiar places seem strange, give *Glonoine* 6, a dose of a dozen pellets, say, about once a week.

*Nux moschata*.—Some children, while apparently healthy and normal, do not learn to talk. Whether the fault is on the memory or not is unknown. Such cases have been cured by occasional doses of *Nux moschata* 30 or, at least, they began to talk shortly after receiving the drug. So says an old journal.

### Mercurial Diseases.

*Aurum*.—Dr. Lobenthal, a German physician, said that *Aurum* was the remedy for the ills caused by too much mercury, which was once too prevalent and it is to be feared is still too much in evidence in the form of calomel and other forms for the good of humanity. When one has

taken much of a mercurial preparation give him *Aurum* 6x for a change. It has worked wonders, according to Lobenthal. Many persons make a habit of taking a dose of calomel at regular intervals to "stir up the liver." If the mercury is thrown out no harm is done, but too often is isn't, and then begins a train of slow lingering ills. Some radicals say that mercury and quinine have killed or injured thousands where they have cured hundreds.

### Mouth.

*Salvia officinalis*.—This drug, 20 or 30 drops of the tincture (common garden sage), or an infusion of same, makes an excellent throat gargle and mouth wash, or for sore gums. An old domestic remedy.

*Borax*.—For "sore mouth" take *Borax* 3.

### Nails.

*Butyric acid*.—When the finger nails crumble *Butyric acid* 6, one dose a day, for a week, may remove the trouble.

*Antimonium crudum*.—This drug, in 6th potency, is reputed to be beneficial in split, brittle,

horny and ill shaped nails, and callosities of the skin. Dosage, about once a day, for several weeks, as it is a constitutional remedy, with lapses of a week between.

### Neck.

*Tight neck-wear.*—A Dr. Walford, of England, cured a number of men and women affected with weak hearts with kidney involvement by inducing them to wear loose fitting neck-wear. The trouble, he contended, was caused by the obstruction of the free circulation of the blood, caused by tight collars, stocks and other neck-wear. The same rule may hold in the wearing of garters by men. The philosopher, Kant, at least, held this view; and said the garters stopped the free circulation of the blood, and thus tended to dwarf the physical and mental man. Use safety-pins to hold up the socks.

### Nerves.

*Calcarea carbonica.*—The “always busy,” those who start with enthusiasm and then lose all interest, need *Calcarea carb.* 30.

*Aconite.*—Fear, those who suffer abnormal fear of anything require *Aconite*. This applies to all the fearful.

*Calcarea carbonica*.—The remedy for abnormal fault-finders.

*Avena sativa* and *Arnica*.—Dr. Goullon claimed these two agents were nervine tonics. Fifteen drops of the tincture of *Avena sativa* in a wine-glass of water, or the same with a drop of *Arnica* in a good wine.

*Kali phosphoricum*.—Let cases of complete nervous break-down, men or women, "go to pieces," men cry like children, are "all in," be given *Kali phos.* 6x, six tablets, four times daily. Said to have cured many.

*Ambra grisea*.—This drug is for patients who "feel tired," sweat easily, are worse from warmth and feel better from coolness. Seemingly, it covers a broad field. Also said to be good for worn out nerves, nervousness of the aged, and of care-worn business men, who cannot sleep. Give about 5 grains of the 6x trituration, twice a day.

*Zincum metallicum*.—There are persons who cannot keep feet or hands or body still—nothing but "fidgets." *Zincum met.* 30 may help these cases. Has helped many.

*Asarum Europaeum*.—This drug has repute in

that form of "nerves" shown by excessive sensitiveness to everything, the merest trifles. Use the IX.

### Neuralgia. Neuritis.

*Spigelia*.—Give the tincture of the pink root, *Spigelia*, in from 1 to 5 drop doses, and you will cure most cases of intensely painful neuritis or neuralgia. The tincture may also be rubbed on the affected part.

*Elderberry juice*.—The people of southeastern Europe have a strong conviction that elderberry juice will cure neuralgia. A physician—Epstein—looked into it and found that it would quickly relieve some cases, but not others. Then he came to the conclusion that the cases cured were pure neuralgia, while those it would not cure were neuritis. Possibly elderberry wine, or preserves, may answer the same purpose. The juice can be taken in from 5 to 20 drops, two or three times a day.

*Horse radish*.—This is a very old remedy for neuralgia, rheumatism, "joynte ache," etc. The scraped root is applied to the affected part, or rubbed on. It should not be allowed to remain very long, a few minutes, as it may produce inflammation or blisters.

*Aconite*.—For genuine neuritis *Aconite* 3, three times a day, and continued for several days, is considered to be the best remedy by many writers. But in these diseases, as in all others, there are no specifics, possibly because in the final analysis there are no specific diseases, but only ill human beings, each after his own constitution. What is curative in one case is useless in another.

*Arnica radix*.—Case of neuralgia reported by Dr. Dell, guided by the queer symptom of an unusually cold nose, cured by *Arnica radix*, a little of the tincture in a tumblerful of water, teaspoonful doses.

*Remarks*.—Perhaps these two, neuralgia and neuritis, ought not to be classed together, but neuralgia means “nerve pain” and neuritis “nerve inflammation”—the latter seems to involve the former.

### Nervous Irritability.

*Nepeta cataria*.—The “catnip” of our grandmothers. This old remedy (they say the tincture is as good as, or better than, the infusion—20 or 30 drops in hot water) was given to crying, colicky babies, and produced a quiet sleep; in adults it was regarded as a soothing agent in

nervous headaches, irritation, hysteria, acute coryza, "grippe" and, in short, in cases where the nerves were "on edge."

### Night Sweats.

*Salvia officinalis*.—The fresh garden sage, or fresh plant tincture of same, is a very old domestic remedy for night sweats, in the tuberculous or sufferer from respiratory affections. Use a weak sage tea or the tincture, say, 10 drops of the latter.

*Pure water*.—An "old woman's" remedy for night sweats is to place a pan of pure water under the bed. *They* say it will do good every time and it cannot do harm. This same process is followed to prevent bed-sores. The water, of course, must be renewed frequently—wherein may lie the virtue of the treatment.

*Chamomilla*.—An "old woman's" remedy for night sweats is "chamomile tea," or 5 drops of *Chamomilla* tincture, in hot water. Said to be very effective.

*Salix nigra*.—"Country Doctor," in an old journal, related a case of night sweats in a patient that he could do nothing with. Finally the old mother said that she would stop that, she

would stop them if the doctor couldn't. So she made a decoction of the fresh bark of the pussy willow (*Salix nigra*), gave it and the night sweats stopped. The doctor used the tincture of *Salix nigra*, in water, afterwards, and stopped other sweats by the same means—for the tincture in water and the decoction are about the same thing.

### Noises.

*Belladonna*.—“Moaning at every breath” is a symptom of *Belladonna* that has been verified and the drug has acted when there were no other *Belladonna* symptoms evident. Use 3d potency.

*Pulsatilla*.—The “death-rattle” generally yields to a dose or two of *Pulsatilla* 30. (The compiler has been present where this was accomplished.) It will not prevent death, but it will apparently ease the departure, and certainly the feelings of the living.

*Opium*.—This drug, in the 6th potency, is said to be a remedy for “stertorous breathing” or heavy snoring.

### Nose.

*Sepia*.—Many persons have a persistent drop of mucus, or water, hanging to the end of the nose. These (Dr. H. S. Weaver) need *Sepia* 30.

*Teucrium marum verum* 6 is said to cure the peculiar condition of glasses hurting the nose, no matter how carefully fitted.

*Formica rufa*.—Dr. Cooper said that *Formica rufa* ix was about the best remedy for nasal polypi known.

### Nose Bleed.

*Hamamelis*.—A little *Hamamelis*, or witch hazel, which is the same thing, snuffed up, will, at once, stop an ordinary bleeding from the nose.

*Ambrosia artemesiaeæolia*.—Blackwood (Philadelphia) says that a decoction of the rag-weed (*Ambros. art.*) in strong doses will stop nose bleed where it attains dangerous significance in disease. "A specific for nose bleed." If the weed cannot be found, use the mother tincture—*i. e.*, the fresh plant tincture.

*Let it bleed*.—Dr. Constantine Hering claims that nose bleed, if not caused by an injury, ought not to be stopped at once, nor stopped at all, unless it goes to excess, for, he says, "it benefits the patient considerably." Once phlebotomy was a cure-all, but it is now never practiced; nose bleed is nature's way of bleeding a man who needs it, so Hering thought.

### Nutrition.

*Calcarea phosphorica*.—From many quarters comes the assertion that in all cases where the growth seems to be stunted, abnormal, defective, tonsils enlarged, adenoids, emaciation, rickets and all that sort of thing, that the one remedy needed is *Calcarea phos.* 6x. Dosage is indefinite—twice a day, say, 5 tablets, or every other day. The cure, being constitutional, is necessarily slow, but will soon be apparent if the remedy suits a particular case. This treatment, the biochemists say, has prevented many an operation, and lifelong ill health.

### Obesity.

*Graphites*.—A physician, name forgotten, once said that whenever a woman was fat and rather coarse in skin and physical characteristics, *Graphites* 3x was one of the remedies she surely needed, and one that would help her condition, though it might not reduce her weight. Possibly the same remedy applies to men. Two doses, 5 tablets, a day, for a week or two.

*Pokeberries*.—Years ago a physician in Western Pennsylvania wrote several letters to a medi-

cal journal strongly advocating the use of the frosted pokeberry (*Phytolacca* berry) as the best means of reducing fat with no injury to the health. The poke root from which the *Phytolacca* tincture is derived is poisonous, but the frosted berries do not possess any deleterious qualities. Birds feed on them and are healthy, but never fat when these berries are their food. This was the basis of his treatment, which is also said to be useful in cases of "fat oppression" and of the rheumatism that sometimes affects the overly obese. Some persons say that this treatment has cured their dyspepsia. Some pharmacists have this juice in tablet form, each tablet representing 1 drop of the juice.

### Obstetrics.

*Snuff*.—Among the more primitive people the midwives "quill her" when the birth hangs fire, so to speak, *i. e.*, they give the woman snuff to make her sneeze. This was picked up years ago in some forgotten doctor's paper who had the experience as a young practitioner. An old mid-wife suggested it to him and it was a success in that case, at least. This probably holds true in delayed normal labor, for a big sneeze jerks the body, apparently, from head to foot, but in malformations it might not prove so successful.

*Coffee*.—One of the means employed by the race of midwives when the woman became restless, excited and, perhaps, hysterical on account of delayed labor was a cup of strong coffee.

### Odors.

*Mustard*.—This agent, moistened with a little water, will dispell foul odors from the hands, or anything else, such as vessels, utensils, etc. The oil of mustard will answer the same purpose, it is said. This, of course, applies to cases where ordinary soap and water will not remove the odor.

### Old Age.

*Urtica urens*.—In an old book, *Primitive Physic*, it is said that a decoction of nettles, or, what is practically the same thing, the tincture of *Urtica urens*, will renew the strength of old age for several years. But certainly it will not bring back youth.

*Lycopodium*.—This drug is the classic homoeopathic remedy for old men—"the old man's balm." About the only "indication" for it in this "ill" is decrepitude, common to old age or when it is felt to be creeping on.

*Thiosinamine* ix, according to Dr. Hurd, a tablet a day, will hold off senility. (Perhaps.)

*Conium maculatum*.—In 6th potency, a remedy for the aged, wax in ears, night cough and moroseness.

*Apples*.—Eating apples and drinking cider, so they say, in parts of England and Normandy, not only tends to prolong life, but will prevent the formation of stone in the bladder. In parts of the country where cider is the usual drink of the people “the stone” is very rarely found.

*Honey and oil*.—According to Pliny, a certain man, Raemilis Pollio, who enjoyed marvellous health and vitality at the age of a hundred, attributed the fact to eating honey and rubbing his body with olive oil. The Greeks thought that honey was the best diet for old persons.

*Lemons*.—According to Professor Schmole, a little lemon juice taken every day will indefinitely prolong life. Yet too much acid does not look that way.

*Phosphorus*.—A dose of *Phosphorus* 30, six or eight pellets, once a week, is said to considerably relieve the stiffness that comes with advancing years.

Any or all of these things may tend to make old age less of a burden, but none of them will cure old age, for that is a chronological impossibility.

*Mezereum*.—Lippe points out the peculiar call for this remedy (most likely in the 30th potency) of the "stooping" walk of the aged, or, to quote: "Stooped walk in aged persons." Presumably this comes in when this stooping walk suddenly is marked. It may not remove the stoop, certainly will not lift the years, but may help the patient.

### Paleness.

*China*.—Caspari said "pale persons should have *China*," i. e., a tincture of Peruvian bark, 2 drops a dose. This, of course, applies to those who are not healthfully pale, but abnormally so. Probably a dose or two, every other day, would do all that *China* can do in the matter.

### Paralysis.

*Manganum*.—It sometimes happens that a man feels his legs giving way unless he hastens his pace. *Manganum* 3x is the remedy. Verified. The drug has this symptom: "Paraplegia—paralysis in the lower limbs. He staggers and

inclines to run when he attempts to walk." That, of course, is homœopathic.

*Sulphate of magnesia*.—Dr. J. A. Ward claims that a hot, or warm, bath, in which a pound of Epsom salts has been dissolved, and the body rubbed dry afterwards, repeated several times, will cure paralysis—or has seemed to cure in some cases.

*Gelsemium*.—For the paralysis of single members, or the paralysis following disease, probably *Gelsemium* 3 is the most useful remedy.

### Peculiarities.

*Rhus toxicodendron*.—This was picked out of a medical paper in an eclectic journal. The patient was apt to jump or start at every slight noise, to jump out of a sleep, as it were—you are nearly asleep and suddenly, with a start, jump into unpleasant wakefulness. Well, for this, *Rhus tox.* is the remedy. Take a dozen pellets of *Rhus t.* 3 at night, on going to bed. Take no more until you have the experience again then take another dose.

*Anacardium*.—If patient has an irresistible (or, "almost," let us say) desire to curse, damn and use that sort of language, give him several doses of *Anacardium* 30.

*Phosphorus*.—If patient (not in D. T.'s) is prone to see faces, or forms, etc., peeking at him, or her, from dusky corners, give a few doses of *Phosphorus* 30.

### Pneumonia.

*Sitting up*.—A Swiss doctor, Cottin, found that by letting pneumonia patients sit up in an easy chair for a time every day they were much benefitted, breathing easier and being generally more comfortable. Presumably this allows the blood to circulate in a different manner than when stretched out in a bed.

*Cold air*.—It has been contended that pure, cool or cold air is better for the patient suffering from pneumonia than is the usual warm air of the sick room. Who knows? Perhaps pure air is what is needed and, as in all other sick-rooms, air not fouled with "disinfestants," which some old practitioners say infect more than they disinfect. Fumigation and disinfection have gone out of date with many of the best men and "soap and water," pure air and sunshine come into their own.

### Prophylactics.

The following remedies have been used, at various times and by various physicians, as pre-

ventives in disease. These, be it known, are all "homœopathic :"

Scarlet fever, *Belladonna* 30, owing to the character of the epidemic.

Small-pox, *Variolinum* 30.

Cholera Asiatic, *Cuprum* 3x.

Measles, *Pulsatilla* 30.

Diphtheria, *Kali mur.* 6x.

Whooping cough, *Drosera* 30.

Sea sickness, *Tabacum* 30.

Grippe, epidemic, *Arsenicum alb.* 6.

Typhoid, epidemic, *Arsenicum alb.* 6.

The plague, *Sulphur* 30.

Meningitis, *Belladonna* 3.

Typhoid, *Cuprum sulph.* 2x.

Cerebro-spinal meningitis, *Cicuta virosa* 30.

Yellow fever, *Arsenicum alb.* 3x.

Hay fever, *Lachesis*, or *Arsenicum iod.*

It looks reasonable, the belief, that any drug that will cure will prevent, by not allowing the disease to develop, or gain a foothold. If this be so then the epidemic remedy, which varies from one epidemic to another, ought to be the real prophylactic, or preventive, remedy.

### Prostate Ills.

*Oxydendron arboreum*.—In cases of urinary troubles accompanying ills of the prostate the *Oxydendron arboreum* θ, in doses of 5 drops, will often give relief; also in cystitis.

*Polytrichum juniperinum*.—According to the late Dr. A. M. Cushing, this remedy (haircap moss or Robin's eye) will, in the tincture, or an infusion (*i. e.*, the moss steeped in water), have a powerfully good effect in the ills of old men suffering from a bad bladder or enlarged prostate—prostatitis. This he got from the old herbalists.

*Hydrangea arborescens*.—“In a case of enlarged prostate, where a surgical operation was declared imperative, *Hydrangea arb.* θ, 6 drops, night and morning, effected a remarkable cure, and the patient was able to void his urine comfortably, and completely.”—J. Compton Burnett, M. D., Lond. Dr. Burnett got the hint from Dr. Henry Thomas, “who had elderly gentlemen coming to him from far and near for prostatic troubles and they mostly received *Hyd. arb.*”

*Calcarea fluorica*.—It is said that for the ills of old men in the matter of the prostate, ills that

baffle the best physicians, there is nothing that will equal *Calc. fluor.* 6x, 5 grain doses, twice a day. This, it has been said, will do about all that can be expected in such cases (Biochemic).

*Picric acid.*—This drug, in the 30th potency, is said to have given relief in enlarged prostate and its accompanying ills. The drug is known to have a strong action on the sexual organs from the proving.

### Rattlesnake Bites.

*Plantago.*—When bitten chew some plantain leaves and swallow the juice and also mash some of the leaves and apply to the bite. Or use the tincture.

*Alum.*—Let the bitten one drink a little weak solution of alum, and keep bandages about the bite wet with a strong solution of same, says a Kansas doctor, M. B. Smythe.

*Sisyrinchium.*—This drug, in the tincture or ix, internally, has cured several cases of rattlesnake bites. Dr. U. W. Reed brought this remedy to notice.

As a rule, the bite of the rattlesnake or other venomous snakes is not fatal—at least so they now say.

### Retching and Vomiting.

*Mustard and warm water.*—An old and often successful prescription for persistent vomiting and retching is a teacupful of warm, or hot water, in which is stirred a half a teaspoonful of mustard. Especially in cases of atony or inertia of the stomach. Warm mustard water of this description will generally clear the stomach of all offending material and give ease to the patient. Perhaps luke-warm would be better to provoke vomiting.

*Amygdalus persica cortex.*—An infusion of peach twigs or the tincture, *Amygdal. per. cor.*, is an old remedy for persistent retching and vomiting. Give about 5 drops of the tincture, in a little water. It has cured persistent vomiting of everything, even of blood. Vomiting of pregnancy.

*Oats.*—A remedy for persistent vomiting is made by steeping about half a pint of oats in a quart of boiling water, giving the resulting tea to patient. A folk remedy.

### Rheumatism.

*Linen. Cotton.*—“Take a patient who is always complaining of an extremely dry skin,

whose skin is never moist, and I allow him to wear wool; but rheumatic, gouty and neuralgic conditions I have in a number of instances in my practice during thirty years been able to overcome entirely simply by the substitution of cotton or linen underwear for winter use instead of the wool usually recommended."—*Dr. Aug. Korndærfer.*

*Phytolacca.* *Poke-root.*—An old household remedy for rheumatism, and especially chronic rheumatism. A *Phytolacca* salve, or ointment, is considered to be good for the latter when rubbed in. *Phytolacca* is one of the homœopathic remedies taken internally for rheumatism, 3d potency, twice a day.

*Honey.*—Persons much subject to rheumatism, the old worthies said, ought to eat plenty of honey. (It is surely easier than "the bee-sting cure" and probably more efficacious.)

*Petroleum.*—This is a popular remedy for chronic rheumatism in Germany. Rub the affected parts with kerosene, "coal oil," or crude petroleum.

*Stellaria media*, 1st dilution, is a remedy for excruciating and shifting rheumatic pains. It also has repute as a remedy for chronic cases.

A lotion of a teaspoonful of the tincture in half a tumblerful of water may be used externally. First brought to notice by an English clergyman.

*Oil of turpentine.*—An old remedy for rheumatism, acute or chronic, was to rub the affected part with the oil of turpentine. If one or two applications do not relieve there is no use in continuing the treatment. It may, however, irritate the skin.

*Viscum album.*—The Mistletoe, was the chief medicine with the Druids and Gauls. Dr. Huber said that in the 3d potency it was a remedy for rheumatic gout, especially in the winter or in cold seasons. The Druid priests said it would cure everything curable, which belief appears to be an evidence of extreme ancient optimism.

*Potato. Buckeye.*—Carry constantly a small potato in your trousers' pocket and it will guard you against rheumatism. There are others, however, who carry a buckeye or horse chestnut, the same way, for the same purpose. Probably the latter would suit cases also inclined to piles. Or make certain by carrying one in each pocket. There are many who vow that this is efficacious.

*Collinsonia Canadensis*.—“Stone-root” is an old “country remedy” for chronic rheumatism. If you have not the root, give 5 drops of *Collinsonia θ*, in a little hot water, as a dose, say, twice a day.

*Capsicum*.—An ointment of *Capsicum* (Cayenne pepper), of old, had great repute as a cure for chronic rheumatism of the joints. It was rubbed on the affected part with a woolen glove or cloth for about ten minutes. But look out for the skin.

*Lactic acid*.—Given in the 2x, a dose every three hours, has given relief and cured many cases of arthritic rheumatism.

*Formica rufa*.—In cases of rheumatism, or gout, that come on suddenly, rendering patient almost or quite helpless, this drug, in 2 or 3 drop doses of the tincture, twice a day, is said to act quickly and well. Inflammatory rheumatism.

*Arctium lappa*.—An old eclectic once said that three drugs would cure many of the common ills of humanity, namely, *Iris ver.* for skin diseases (especially syphilitic), *Lappa* for rheumatism, especially of the joints, and *Rumex crispus* for the mucous membranes, such as catarrh. Being an eclectic he gave rather ma-

terial doses, but amount not stated. 5 drop doses of the tincture ought to do all that can be expected of these drugs, though more may be given.

*Rhus toxicodendron*.—This is standard, not a "by-way." *Rhus tox.* 3 will cure more cases of rheumatism or rheumatic pains that come on in cold, or wet weather, or from dampness, than all other drugs combined. Take several doses a day until better and then stop the drug. Some persons make a point in raw, cold and wet days of taking a dose before going out in the morning, as they say it protects them from "colds" and rheumatism.

### Rhus Poisoning.

*Hieracium venosum* θ.—An application of the tincture of *Hier. ven.* (rattlesnake weed) is said to allay the itching and disagreeable features of rhus poisoning.

*Salt*.—Sprinkle table salt on the poisoned parts.

*Alum*.—An application of alum is said, by some, to be effective. Rub the alum gently on the poisoned part, or dust it.

*Sanguinaria Canadensis*, or blood root, being used by country boys for the cure of rhus poisoning led Dr. J. W. Dowling to use the tincture. He said it worked admirably.

*Quinine*.—A mild solution of quinine is another cure for rhus poisoning. Apply externally.

*Gelsemium* 3x, internally, and the tincture externally, is reputed to give prompt relief in *Rhus* poisoning. Every two hours, internally.

*Anacardium*.—This drug, in the 30th potency, is the one mostly used both to prevent and cure rhus poisoning by homœopathic pharmacists. Take a half a dozen medicated pellets, internally, every hour, for a day.

*Jamaica rum*.—This, the crude rum, is said to have quickly healed some bad cases of rhus poisoning. Possibly alcohol and molasses would answer for the rum.

*Bryonia* and *Sulphur*.—For prolonged cases of ivy poisoning give *Bryonia* 3 and *Sulphur* 3, alternately, every hour. This prescription goes back to Dr. W. C. Conant in 1884 and cured a chronic sufferer, who could afterwards go among rhus vines with impunity.

### Ringworm.

*Bacillinum*.—Burnett contended that ringworm showed a tendency to tuberculosis, or that the disease is latent. For this condition he gave *Bacillinum* 30, one dose once a week. This, of course, does not exclude external means, but the *Bacillinum* should always be given in cases of the disease. That Burnett was right seems to be shown in recent works on practice, where we are told that patients with ringworm must be built up on account of their being physically run down. As they are mostly children this condition must be inherited, *i. e.*, constitutional, and so not needing "building up," but a *cure*. Externally, a pure, strong grain alcohol is said to be the best application. Burnett wrote a little book on this topic, *Ringworm* he named it.

### Salt.

*Good and bad uses*.—A Dr. Parsons tells of a bottle fed baby that from one ill after another dwindled to a mere skeleton. One day a salt cellar was near, and it clutched it desperately and took salt. After that it was given salt in its food in reasonable quantity and made quick recovery. Salt starvation!

On the other hand, "salt fiends" develop baggy eyes, legs swell at times, are pudgy, as it were "water logged," are "puffy," as if one could stick a finger in them as in butter, apt to have "fits," may "see things," such as quick lights, ghosts, hobgoblins, regular D. T. things, dizziness, lost memory, feels as if going crazy, head swims and everything goes black. All these are often the result of excessive salt eating, where no other cause can be found. The cure is to stop the salt for a time and then use very moderately, as nature designed. Dr. Parsons said that some of the people have an unnatural craving for salt and others take it to excess because of an idea that it is "good for the health."

### Salt Rheum.

*Mezereum*.—Cases reported of "salt rheum," of years' standing, always absent in summer, but coming on in winter, absolutely cured by *Mezereum* 3x.

### Scalp.

These three drugs cover many eruptions of the scalp, and here are their keynotes: Dry eruptions, *Hepar sulph.* 6; moist, *Rhus tox.* 30th, and stinking, or foul, *Staphisagria* 30. Give three times daily, until cured.

### Scars.

*Epsom salts*.—A teaspoonful of the salt dissolved in four ounces of water, applied several times daily, is a country doctor's cure for cicatrices, or scars, that are painful.

### Sciatica.

*Rhus toxicodendron*.—It generally follows that a case of sciatica that is always "worse in wet weather" is cured by *Rhus tox.* 3, two doses a day, until better. Most cases are worse in wet weather.

*Viscum album*.—This Druidical remedy is of use in sciatica, in very painful cases, shifting pains. The dose may be 5 drops of the tincture, though it may also do better in the 3d potency.

### Scrofula.

*Æthiops antimonialis*.—H. Gouillon claimed that *Æthiops ant.*, in the 2x trituration, is the remedy for all forms of scrofula—"scrofulous eruptions of the skin, scald, milk-scab, scrofulosis, conjunctivitis, keratitis, blepharitis glandulosa, otorrhœa and swelling of the glands." Possibly the 3x or 6x is better for children. Fre-

quency of dose is not stated, but possibly two times a day, in 4 or 5 grain doses, until better.

*Lapis albus*.—This drug, in the 6th potency, is said to cure scrofulous enlargement of the glands.

### Seashore.

*Natrum muriaticum*.—According to Dr. J. C. Burnett, whenever he had patients with whom the seashore “did not agree” he gave them *Natrum mur.* 30, and then they could enjoy “the shore” as well as anyone.

### Sea Sickness.

*Tabacum*.—The experience the youth has when he first uses tobacco is almost a duplicate of what he experiences in sea sickness, consequently *Tabacum* 30 is not only a good cure for the ill (on homœopathic lines), but also a preventive. Take 3 doses a day, for two days, before going aboard, and when the qualms come on.

*Sea water*.—One of the engineering corps, on a liner, once told us that the old sailors’ cure and prevention of sea sickness was to drink sea water, half a pint or so. Whether he was “talking to the marines” or not is uncertain.

There are very many cures for sea sickness, from champagne, brandy or beer down to total abstinence, but they all fail, at times.

### Sexual.

*Nuphar lutea*.—Is an old remedy for weakness accompanying involuntary emission. Dosage, from tincture to 3.

*Baryta carbonica* 6 is the remedy that Dr. Percy Wilde found to be the best for nocturnal emissions, followed by exhaustion, palpitation and general nervous debility.

*Thuja occidentalis*.—Dr. C. W. Roberts said *Thuja oc.* 6, in 5 drop doses, would do more towards controlling excessive seminal emissions than any other drug in the pharmacopœia. Said he had men coming from all parts for this simple treatment.

*Eryngium aquaticum*, in first potency, or the tincture, is an old herbal remedy for the excessive weakening effects of nightly emissions.

*Ustilago maydis*.—Is claimed by Dr. Wenzlick to be the remedy for "irresistible desire to masturbate," the victim being powerless to restrain himself. Can be given in drop doses of tincture or in potency, once or twice a day.

*Origanum majorana*.—Dr. Gallavardin said that a dose of this drug, in the 3d dilution, given shortly before meals, will do more to cure the young who indulge in self-abuse than any drug known.

*Baryta carbonica*.—According to Dr. Percy Wilde, London, this unlooked for drug is what sufferers from nocturnal emissions, characterized by exhaustion, rapid heart, back-pain and nervousness, need. He gave the 6th potency.

### Sick Headache.

*Epiphegus Virginica*.—This drug is the remedy for the sick headache that comes on with any unusual exertion, like shopping, calling, etc., 3d potency.

*Iris versicolor*.—Is indicated when the headache comes on with a blurr, or is accompanied by sour vomiting. 3d potency.

### Skin.

*Asclepias tuberosa*.—In cases where the skin is habitually hot and dry it is said that 10 to 15 drops of the tincture of *Asclepias t.* will produce most gratifying results.

*Chionanthus Virginica*.—Eclectics say in jaundice where the skin is copper-colored with a tinge of green and the eyes yellowish-green, *Chionanthus Vir.*, in material doses, is the remedy; say, 5 drops of the tincture.

*Epsom Salts*.—An ounce of Epsom salts, dissolved in a pint of water, put on the skin and allowed to dry without wiping, will, so it is said, keep off all insects—flies, mosquitoes, lice and the rest.

*Mezereum*.—"Salt rheum" that is absent in summer, but returning in winter, has been cured by *Mezereum* 30. This may be true of other skin ills. Same cures itching spots. Dose a day.

*Skookum chuck*.—The salts of Medical Lake has cured many bad cases of eczema, psoriasis, and all manner of skin diseases. The 3x trituration is generally used. Give 3 or 4 tablets, twice a day, and continue treatment for weeks.

*Berberis aquifolium*.—Has an old repute for clearing away "pimples" from the face, especially from young girls and boys. It is usually given in one to two drop doses of the tincture, twice a day.

*Iris versicolor*.—Some of the old-time men regarded as a specific for syphilitic skin diseases.

*Vinegar*.—For black specks in the skin of the face wash the face with vinegar every night and in the morning wash it off with sand-soap.

*Lemons*.—It is said the rubbing the hands with fresh lemon juice after washing will make them soft and white; also makes the nails beautiful.

*Onions*.—An old prescription, or notion, for the cure of a yellow and unhealthy skin is to eat onions, raw or cooked.

*Natrum muriaticum*.—Many persons have a greasy skin in spite of all the soap and water, or powder, they use. It is said that *Natrum mur.* 30, one dose a day, will often remove the whole trouble.

*Vinegar*.—If you have a rough skin rub vinegar on it and, they say, it will make the skin smooth. Perhaps.

*Cornus alternifolia*.—The country people, on Long Island, according to Dr. Lutze, say that the “swamp walnut” (*Corn. alt.*) will cure “salt rheum,” i. e., eczema, cracked skin with cracks

more or less oozing. Dose, 5 drops of the tincture, once a day.

*Spongia*.—A Maine doctor, Dr. Percy, once claimed that *Spongia* was a sure cure for all sorts of skin affections—"two drop doses, three times a day," in the tincture.

### Sleep.

*Onions*.—The onion is an old remedy, or, rather, means of promoting sleep. Eat onions freely at night or at supper, and you will sleep soundly.

*Hops*.—A pillow stuffed with dried hops is said to be a good thing for insomnia.

*Bryonia*.—Is claimed to be a remedy for walking in sleep—somnambulism.

*Phellandrium aquaticum*.—Dr. Ussher once cured a case of a woman prone to fall asleep at any moment, even while engaged in her household duties. *Phellandrium* cured her. The 3d potency is mostly used, though it can be given in tincture. Dose, 3 times daily.

*Chamomile*.—It is said that *Chamomile* is a sure preventive of nightmare. This is an old idea, when they used "Chamomile tea." Perhaps

*Chamomilla* 3, or a lump of sugar saturated with *Chamomilla* 6, will answer the same purpose.

*Oleander*.—If you sleep in a room in which one of these plants is kept, or if one of these is near the sleeping room in summer, you will probably be sick—difficulty in awaking, pale, nervous, palpitation, weak and a tendency to paralysis. This according to Dr. Gouillon, of Germany.

### **Sleeping Sickness.**

*Nux moschata*.—Dr. Edmund Carleton contended that from its pathogenesis *Nux moschata* is the one true remedy for the sleeping sickness of South Africa. He would have given the 30th or the 200th potency, but possibly “nutmeg tea” or the tincture of *Nux moschata* would act—if there be any action. The nutmeg is an old soporific and so the possible action would be on the lines of *similia*.

### **Small-Pox.**

*Charcoal and Lard*.—In old times they said that charcoal (powdered) rubbed up well in lard and applied freely would prevent all pitting in small-pox.

*Echinacea*.—It is said that 5 drops of the tincture of *Echinacea*, about three times a day, will do more towards pulling a case of small-pox to a successful termination than any other treatment. *Echinacea* is a “blood purifier” and small-pox results from polluted blood. Also a mixture of the tincture of *Echinacea*. Glycerine and alcohol is said to be a good external application.

*Variolinum*.—This drug, in the 30th potency, given once a day, for a week, is the “homœopathic vaccination.” The same drug, several doses a day, is said to exert a very favorable action on the course of the disease.

### Sneezing.

*Pressure*.—Dr. Marcus, probably French or Hebrew, said that where one has an attack of sneezing, one that is abnormal (for a few sneezes seem to clear the head), the way to stop it was to press the nose closed with the thumb and finger for about a quarter or half a minute, in the meantime breathing through the mouth. Also (this from elsewhere) if you want to stop a sneeze press *up* firmly under the nose and that will abort it.

### Spleen.

According to Dr. J. C. Burnett *Ceanothus Am.* is the "organ remedy" for all diseases of the spleen, many of which are mistaken for heart diseases. It will benefit all spleen ills, but some may need additional remedies for a complete cure. He usually gave the ix or the 1st potency, three times a day, and met with wonderful success. Some use the tincture in from 1 to 5 drop doses, but the ix seems to do the work in spleen ills. It seems to have a beneficial action in all spleen ills. Have a care that that heart case is not really an enlarged spleen; if it is, *Ceanothus ix* is the remedy.

*Urtica urens*.—Where spleen and liver are involved, as after swamp fever, vomit dark, skin yellow, *Urtica urens*, in 5 drop doses, has worked well. Sometimes *Chelidonium*, in similar dose, greatly aids, given in alternation.

*Carduus Marianus*.—Is another old drug that in doses of 5 or 10 drops of the tincture has cured many bad cases where the spleen and liver were involved, according to German physicians.

### Sprains.

*Bellis perennis*.—For all sprains apply bandages wet with the tincture of *Bellis per.* Not

poisonous and greatly aids in a quick recovery. This according to Thomas, *Additions*, etc.

### Stings of Insects.

*Calendula*.—Dr. J. B. Temple asserted that *Calendula* applied externally would at once relieve the pain and take away the consequences following bee-stings, the effects of which with some are alarming. It may be applied pure, or in a little water. Probably some internally would aid in clearing away the after-effects. This is also given by the "herbals," who say that if a marigold flower be rubbed on the sting of a bee, wasp or other stinging insects it quickly relieves. This *Calendula* θ, or, perhaps, better, the *Succus calendulae*, which is the juice, ought also to relieve mosquito bites. One drop doses should be used when taken internally.

*Lemon juice*.—When the sting of a mosquito is very painful apply lemon juice, so said Dr. Hering.

*Ledum*.—Some persons suffer for a long time from mosquito bites; they seem to poison them. In such cases *Ledum* 3., taken internally (the medicated pellets), is said to be the remedy.

### Stomach.

*Olive oil.*—In gastric ulcer olive oil, in tea-spoonful doses, or more, if patient will take it kindly, has proved to be curative. The same is often true of cancer of the stomach, where the oil palliates.

*Silico-sulpho-calcite of alumina*, otherwise, "slag," in the 3x trituration, has been lauded for flatulent distension, oppression, piles, and constipation. Some contend that its use, 3 or 4 grains, occasionally makes them "feel better." Presumably take a few doses daily until you "feel better," and then stop, while the good time lasts. The rather ponderous and not very good name was given it by an English doctor, who experimented with it. It is a triturated slag from blast furnaces.

### Stricture.

*Lobelia*.—Boskowitz claims that in cases of stricture, where you are unable to pass the sound, the injection of *Lobelia* tincture into the urethra and held there for a short time will obviate all the difficulty.

### Sun Therapy.

*Sun rays.*—In 1893 Dr. V. O. Thayer had a paper in the *Southern California Practitioner* on "Solar Therapy." The treatment consists in concentrating the sun's rays by means of burning glasses on the diseased part until it is slightly burnt or charred. When healed, which soon follows, repeat until cured. He claimed to have cured, by this means, varicose veins, all sorts of ulcers, cancers, removed birth marks, India ink and powder marks, warts, wens and other morbid growths on the skin. "Unlike other caustics, it can be applied with perfect safety upon the most delicate tissues." "The irritation and inflammation following its application is surprisingly slight and of short duration." "Pain subsides immediately." There is a curative power in the rays of the sun yet unexplained.

### Sunstroke.

*Red lining.*—Colonel Maude (*Lancet*) said that anyone who wears a red lining in his helmet (and presumably in any other head dress) will never suffer a sunstroke. This, he said, had been undoubtedly verified by many white men in India.

### Surgical.

These hints, like all others in this book, were picked up from medical literature and are given for what they are worth. They, in fact, are from old homœopathic surgical works.

*Veratrum album* for the profound shock and the lowered vitality that sometimes follows an operation.

*Symphytum*, 3 or 30, internally, greatly aids in uniting broken bones; also applied externally, allays the pain.

*Arnica* 3 for the constitutional effects, even remote, of great concussion, or blows, experienced in accidents.

*Calendula*, especially the *Succus*, for raw and bleeding surfaces, as a dressing instead of anti-septics. Promotes rapid healing and, as the great Helmuth said, "Pus cannot live in the presence of *Calendula*."

*Hypericum* 3, internally, and a lotion applied externally, will relieve the pain in stumps. It is the remedy for nerve injuries.

*Calendula*, it is said, will largely prevent scars; also gangrene and tetanus, when used as a dressing on wounds.

*Sawdust*.—An English surgeon says that clean, pine sawdust, in an appropriate sized bag, flat, of course, loose muslin or cheese cloth, makes an excellent absorbent, deodorizing and antiseptic dressing.

*Carbo animalis*.—German surgeons, in the great war, used *Carbo animalis* as a dusting powder for suppurating or gangrenous wounds, with success. It must be renewed daily or oftener.

*Hypericum*.—According to Dr. Richard Hughes, quoting a well known surgeon, Helmuth, "It quite supercedes the use of morphia." Apply tincture, diluted with water, externally, and give 2x, internally.

### Syphilis.

*Cuprum sulphuricum*.—“Fifty patients who showed various manifestations of syphilis were cured by the copper sulphate.” This is from Hering’s *Guiding Symptoms*. Use 3x.

*Iris versicolor*.—An old eclectic said: Give *Iris* all the time, alternated with *Phytolacca dec.*, if the lymphatics are involved; *Rumex crisp.*, if the skin, and *Stillingia*, when the mucous mem-

branes become affected. *Iris* is the mainstay. All in the tincture, except, perhaps, *Phytolacca*, which ought to be diluted.

*Distilled water* injected hypodermically every three days, according to a contributor in *British Medical Journal* (Stevens), is far more efficient and certainly safer and cheaper than any other hypodermic. He cleared up a case that was so foul that no one could stay in the room.

*Echinacea angustifolia*.—Cases of syphilis that have gone on to loss of hair, nails, ulcerations, etc., have been reported that were wonderfully benefitted by doses of 20 drops of *Echinacea*, three or four times a day, and as close to a cure as is possible has been attained. It will probably act beneficially in all cases of this disease by its purificatory action on the blood.

*Tarantula Cubensis*.—Among the Indians of Mexico *Tarantula Cub.*, according to Millspaugh, is regarded as a specific for syphilis.

*Berberis vulgaris*.—This is a remedy that is said to be of value in syphilis when the skin is involved—dingy, sodden, rough, copper colored and so on. In such cases *Berberis vulg.*, in about 5 drops of the tincture, twice daily, has brought the skin back to normal and generally

benefitted the patient. It has a favorable action on the kidneys and bladder, where urine is bad, and this probably accounts for its alleged favorable action on old syphilitics.

### Taste.

*Sweet spirits of nitre*.—According to Kafka, 1 drop of this drug to 99 of water will cure a persistent salty taste in the mouth. He cured a man, no appetite and rapid emaciation, persistent salty taste with this prescription.

### Tears.

*Natrum muriaticum*.—It is said that *Natrum mur.* 30 will arrest the constant flow of tears, or water, from the eyes, where there is no mucus or gumming, which, if present, excludes the *Natrum mur.* Dose, once a day, until better. This, presumably, will not apply to the watery eye of the alcoholics.

### Sunburn.

*Calendulae succus*.—When the parts become very painful—or even before, as a precautionary measure—bathe them in *Succus calendulae*, pure, or diluted with a little water. Then dab on a little pure water.

**Throat.**

*Boiled figs.*—Where throat is dry and swollen, boil some figs, cut up, in milk, and let the patient sip the milk and eat some of the figs. This is an old country recipe.

*Woolen stocking.*—Another measure for sore throat is to bind an old-fashioned knit stocking, such as women used to wear, around the throat when the patient goes to bed for the night. Others first bind, loosely, of course, a wet rag, around the throat and then wrap the stocking over it for the night. As these old stockings are scarce any piece of woolen cloth or knit wool ought to answer the same purpose. Still another method is to first grease the throat with bacon, or ham rind, and then bind on the wool. These are old house-wife measures and are often effective.

*Phytolacca.*—This remedy, in the 3d potency, is a good remedy, given every hour, for simple sore throat.

*Gelsemium.*—The peculiar pain "from throat to ear" is a pretty sure call for *Gelsemium* 3, said Dr. Van den Berg.

*Belladonna.*—The classical homœopathic rem-

edy for a sore or inflamed throat is *Belladonna* 3, every hour.

*Flax-seed tea*.—A favorite and very old remedy for sore throat, cold on the chest, catarrh and pulmonary complaints. It is generally made by first washing 2 ounces of flax-seed in cold water, after which the seeds are put in a quart of water, together with the yellow outer rind from half a lemon and allowed to simmer for about an hour and a half. Strain away the seeds and rind, add sugar and lemon juice and drink as ordinary tea.

#### “Tired.”

*Echinacea*.—According to Dr. J. C. Fahnestock, *Echinacea* is the great remedy for “that tired feeling.” Dose, 5 drops of the tincture, once a day.

#### Teeth.

*Aranea diadema* 30 is the remedy for toothache coming on as soon as one *lies down*.

*Mustard oil*.—To cure toothache, temporarily, inhale through one nostril from a vial containing mustard oil. Do not inhale too often, one or two inhalations will do.

*Plantago major*.—The common plantain, the

"white man's footsteps," so-called by the Indians because it always follows the white race, as far back as 1558 had a high repute as a cure for toothache, mouth ulcers and bleeding gums. For toothache, take *Plantago* 3, a dozen medicated pellets, every hour, for three or four hours. Or, if you can, get the green leaf, and if the tooth is hollow, stuff it full with the leaf pulp.

*Mercurius vivus*.—This drug, *Merc. viv.* 30, is one of the best internal remedies for toothache in decayed teeth.

*Milk sugar*.—Some physicians decry the use of tooth-powders and washes and advise the use of milk sugar instead.

*Hecla lava*.—This, in the 6th potency, is said to be a good remedy for an ulcerated tooth. Reasoning from the same principles, *Slag* 3x ought also to be a good remedy for that condition. Both are the fused product of intense heat.

### Tobacco.

*Plantago major*.—This remedy, it has been repeatedly affirmed, if taken persistently, say, in 3d potency, will cause a strong aversion to tobacco. Verified, but whether of benefit is an open question.

*Arsenicum*.—According to Boenninghausen, *Arsenicum* 6, is the best remedy for the ills resulting from excessive tobacco chewing. Three times a day.

*Ignatia*.—This is another remedy that is said to cause a distaste for tobacco. Take the 6th potency—*Ignatia* 6, four times daily. It is especially indicated for the nervous ills caused by too much tobacco.

*Belladonna* is said to be the remedy for the headache caused by smoking.

It is, let us hope, needless to add here that the real cure for the ills of tobacco is to either cease using it or to use it in moderation. Even an excess of beef-steak and potatoes is harmful. Excess is the root of most physical ills.

### Tonsils.

*Calcarea jodata*.—An old German physician, Wehsemeyer, recommended that *Calc. jod.* always be given for enlarged or abnormal tonsils, as it generally clears up the trouble. The 6x trituration was used by him and by Gouillon.

*Calcarea phos*.—This drug, *Calc. phos.* 6x, has saved many cases of enlarged tonsils, and

adenoids, from an operation. Give from 3 to 5 1 grain tablets, twice a day, for a week, then a week without medicine and resume. If there is a trace of tuberculosis in the heredity, give a dose of *Bacillinum* once every two weeks. Or, if child has been vaccinated, a dose of *Thuja* 30 once a week, until improvement is noted.

### Trembling.

*Lolium tremulentum*.—This drug, in the ix trituration, is said by the Italians to be a cure for trembling, for the shaking hands, or other members of the body. Probably it is of no use in the trembling that results from too much alcohol.

*Kali phosphoricum*.—For physical, and, also, mental breakdown, especially in men, with its helplessness, trembling and utter helplessness, some physicians say there is nothing like *Kali phos.* 6x to bring back the victim to a normal state.

### Typhoid.

*Berberis aquifolium*.—In 1900 Transactions Dr. W. L. Heeve says that *Berberis aq.*, better than anything else, will overcome the weariness that often follows in the convalescence, stimu-

lates digestion and produces a sense of well being. It is generally given in the tincture, say, 5 drops, daily.

*Banana*.—Dr. Ussary contended that bananas were the ideal food for typhoid patients.

*Olive oil*.—Dr. Bram holds that olive oil in typhoid is the best food possible, as it is not only nourishing, but also very soothing to the stomach and intestines.

*Pyrogenium*.—Dr. J. C. Burnett's monograph on this remedy says, in effect, that it, *Pyrogenium* 6, will rapidly cure nearly every case of typhoid. At least, that was his experience.

*Bryonia*.—This is a "high-way" drug. Dr. C. E. Fisher, while physician-in-chief in the building of the Tidewater Railroad, said that *Bryonia* alone cured nearly all their cases of typhoid.

### Ulcers.

*Olive oil*.—Many cases of gastric ulcers have been cured or, at least, soothed, until nature cured, by the use of pure olive oil, in tablespoonful doses. Take it often.

*Baptisia tinctoria*.—A solution of 1 part of the tincture of *Baptisia* to 2 parts water, applied

by the dressing used in ulcers, cancers or old running sores in which there is a dull, constant pain, is said to be very grateful to the patient. Also give *Baptisia* 3, internally.

*Carrots*.—Boil carrots and mash them to a pulp and apply to foul ulcers or sores and it will sweeten them and often heal them. This is an old practice of the country people of England.

*Charcoal*.—Powdered wood charcoal was, at one time, much in vogue as a dressing for foul ulcers or festering, gangrenous wounds. In the great European war powdered animal charcoal was extensively used for septic wounds. Whether better than vegetable charcoal is an open question.

*Calendula*.—Many persons hold that *Calendula* is, by all odds, the best dressing for fresh or old ulcers, or any kind of bloody wound or suppurating wound.

### Uncleanliness.

*Ammonium carbonicum*.—Dr. Gallavardin claimed that *Ammonium carb.* is a remedy for patients who void urine or faeces, at any time or place, and their mania or idiocy is marked by extreme uncleanliness. He cured many with this

trait with the 30th potency. It can be given in material doses, of course—we but relate what Dr. Gallavardin said. In these days of the x-ray, and radium, perhaps Gallavardin, the French physician, was right, for why may not the infinitesimal do that which the crude and the palpable may not do? Does man, in this day, still hold to the belief that because he cannot see a thing it does not exist? If he does he kicks over the best in modern science and makes *his senses* the arbiters of science.

### Uric Acid.

*Skookum chuck*.—Dr. B. F. Bailey reported the cure of several lithæmic cases—eczema, dry skin, and scalp, falling hair, rheumatism—with *Skookum chuck* 3x. This is a little known drug, the evaporated salts of the Medical Lake, but there are great possibilities in it. It comes to us from the North American Indians, as do *Hydrastis*, *Hamamelis* and other drugs, each of which has made good in practice, but this last one is but little known, even though it has done greater miracles than any of the others. When you have an “intractable” skin disease, just give these salts, in trituration, a trial. They are not

a secret or "proprietary," but the salts of Medi-cal Lake, Washington State, U. S. A.

### Urinary.

*Solidago virga-aurea*.—A French peasant's remedy for urinary troubles of old men, cases where the catheter must be frequently used. It was brought to notice by Dr. Gallavardin, who used it successfully on patients compelled to constantly catheterize themselves. Called for in pain in kidneys, scanty, dark urine, full of sediment, etc. The tincture, 5 drops a dose, is generally used.

*Ferrum phosphoricum*.—Where there is difficulty, or inability, in retaining urine, *Ferrum phos.*, 6x trituration, is a valuable remedy, as has been frequently stated by various physicians.

*Mullein oil*.—This is the drug, according to Dr. Cushing, for dribbling urine, or seeping, where the underwear is always slightly wet. One to 3 drops, three times a day.

*Honey bee tea*.—A remedy known to the North American Indians and to the negroes for strangury in humans or animals is a tea made by steeping 10 or 12 honey bees in boiling water

and giving the tea thus made to the patients. The tincture of *Apis mellifica* will answer the same purpose. The knowledge of the aboriginal race of the therapeutic virtues of the honey bee antedates that of the white race.

*Thuja*.—Some practitioners say they obtain better results from *Thuja* in bed wetting in children, or dribbling of urine in adults, than from anything else. It is used all the way from the tincture to the 30th potency.

*Parsley*.—It is said that the common garden parsley roots, cut up and steeped in water, make one of the best diuretics. Take about an ounce of the sliced or pounded roots and steep in a pint of water. Dose, a tablespoonful three times a day. The same effect, probably, may be obtained from 5 drops of the tincture of *Petroselinum*, in half a tumblerful of water, twice a day. Parsley is a very old remedy in "urinary trouble."

*Stigmata maydis*.—This drug, in 10 drop doses of the tincture, three times a day, is said to act very beneficially in cases where uric acid or gravel are in evidence, chronic cystitis, muco-purulent catarrh, gleet and chronic gonorrhœa.

*Saururus cernuus*.—A tincture or decoction of the *Saur. cer.* ("lizard's tail," a plant) is a popular remedy in the Southwest for kidneys, bladder and the urinary tract, especially where there is difficult and painful urination. It was brought to notice by Dr. Phares. Also in Rosenthal's *Synopsis of Plants* it is said to be useful in pleurisy.

### Urticaria.

*Skookum chuck*.—Dr. Cole, of N. Y., once reported a case of urticaria that resisted all remedies until it received *Skookum chuck* 3x. This indicated that this remedy might be useful in hives, nettle rash, wheals and other similar conditions to urticaria, or skin ills.

### Vaccination.

*Vaccinimum*.—The late Dr. Martin Deschere, of New York, said that *Vaccinimum*, which is the vaccine virus, triturated with milk sugar, is a cheaper, better, surer and safer form of vaccination than the virus. It is given internally, a few doses of a dozen pellets, spread over a week. 30th potency.

*Variolinum*.—By many, especially in Iowa, *Variolinum* is regarded as the best form of pro-

tection against small-pox. It is the contents of a pox potentized. 15th to 30th potency. Taken internally, 4 or 5 doses of a dozen pellets. It is really the same as our vaccine points, taken internally.

*Thuja 30th*.—This is a great homœopathic antidote for the evil effects often following vaccination, even where they have persisted for many years. Take a dose every other day, for a few weeks.

*Echinacea θ*.—In 5 to 10 drop doses this will cure the “running sores” that sometimes follow vaccination. So some eclectics claim that it will also cure small-pox. Really, according to some men, small-pox is a blood disease, coming out to save the patient’s life. If you have it not in you you cannot “catch” it. *Echinacea* is a nature’s “blood purifier.” Consequently the application can be seen.

### Veins.

*Hamamelis*.—It is said that the use of *Hamamelis* extract, externally and internally, will produce good effects in all diseases of the veins, and in varicose ulcers. Being a floating item no specific dosage is given, but externally it may be applied as freely as you will, while, internally,

a teaspoonful or two, once or twice a day, with intermission of a few days every now and then, is about proper.

### Vertigo.

*Granatum*, in the 1st potency, is said to be the remedy for persistent vertigo.

*Nux moschata*.—This drug, 6th potency, is a remedy for those subject to vertigo in the open air, or when walking. Take a few doses after every attack.

### Veterinary.

*Graphites*.—An ointment of *Graphites*, or an application of old-fashioned gunpowder (which is coated with graphites), is said to be a cure for “sore hoofs” in horses, sheep, etc. Also some given internally, most conveniently, in water.

*Spongia*.—A little *Spongia*, 15 or 30th, in the drinking water, or food, will cure roup in chickens.

*Colocynthis*.—A dose or two of *Colocynth*, 2 or 3, is the best cure for the average case of colic in horses.

### Voices.

*Naja tripudians*.—A case is related by Dr. Hayward, of England, of a man who had the hallucination of hearing voices inaudible to others, or who actually heard them (?), quarreling or reviling, as he affirms. At any rate, they were very real to him. *Naja* caused them to cease. This drug, the venom of the deadly East Indian cobra, is best given in the 30th potency.

*Anacardium*.—This drug, in the 30th potency, is indicated in those persons who hear imaginary (?) voices afar off. The patient, apparently as sane as the doctor, says he (or she) hears these voices. The doctor, sometimes, can find no pathological reason and thinks it "imagination." Be it either way the drugs named have dissipated the fancy.

### Warts.

*Baryta carbonica*.—This is one of Hahnemann's emphasized remedies for warts "when homœopathically indicated." Use 30th, once a day. Perhaps more in "chronic warts"—if there be such a thing.

*Magnesia sulph*.—Another remedy for warts. Use 6x, 5 tablets a day.

*Sour apples*.—Says Fernie, the juice of a sour apple, rubbed on warts pared to the quick, will remove them.

*Thuja*.—Fungous warts, fig warts, and fungous growths, etc., are generally cured by taking *Thuja* 30, internally, daily, a dose until warts are gone. It may be well to intermit a few days at the end of the week.

*Calcarea calcinata*.—This drug, from burnt oyster shells, in 8 gr. doses, taken every day, will generally clear away flat warts, or warts that crack and bleed. Dr. John H. Clarke, of London, who introduced it, says that he finds it practically a specific for flat warts, but useless for any other kind. He gave the 3x, 5 to 8 grain dose, "at bedtime."

*Causticum*.—If *Thuja* fails in a crop of warts try *Causticum*, 6th or 30th, especially for warts around the genitals. Also for big "seed warts," in the hair or elsewhere.

*Hecla lava*.—The black, or dark, scabby warts or growths on the face that tend to get sore, and cancerous, have been cured by *Hecla lava* 30, once a day a dose. So says Dr. E. B. Rossiter, who cured several such conditions with that drug, who had been told that cutting out was

the only hope. Cutting can only remove the growth, but not the cause of the growth.

### Weather.

*Barometer*.—Dr. T. W. Burford, England, placed great reliance on his barometer. He said that if you will observe, the “sudden deaths” of invalids nearly always occur at the time of a rapid fall in the barometer. They are all somewhat affected by a falling barometer, but a rapid fall is dangerous. On a rising or high barometer, he says, the doctor has but little to do and receives no urgent calls.

Somewhat akin to this is the “superstition”—which, probably, is fact, not superstition—that sick people go out with the tide. A good many years ago a physician wrote a book asserting that high tide and low tide, the rising and the falling, could be calculated as well at the interior as at the seaboard, and that the influence was the same, both as regards the death of patients and the birth of children. He said that if a confinement lasted over the low tide it would be delayed until the tide at that place began to fall. The same held good with dying persons.

### Wens.

*Thuja*.—Probably the best cure for those unsightly growths on the scalp, known as wens, is *Thuja* 30, and also the growths may be rubbed with the θ of *Thuja*. Take the *Thuja* 30, one dose daily, before breakfast, for several weeks. It may cure—and, again, it may not. *Thuja* is a great remedy for removing those fungus-like growths on the body. It is not specific, no medicine is, but it has cured many cases of such growths.

*Bacillinum*.—This drug, in the 30th potency, may also aid in clearing away the cause of wens. Give it, with the *Thuja*, one dose a week and in the 30th potency.

### Whooping Cough.

*Alum*.—In several countries in Europe 30 grains of alum, dissolved in four ounces of syrup, or syrup of tolu, and taken in about tea-spoonful doses, or half teaspoonful, is regarded as a fine remedy for whooping cough.

*Solanum Carolinense*, in 5 drop doses of the tincture, is “a specific for whooping cough,” say the herbalists.

*Petroleum*.—A bit of flannel moistened with coal oil or petroleum, the flannel kept from the chest by a cotton cloth, is said to greatly modify the paroxysm of whooping cough.

*Goose grease*.—Rub the chest and throat with it. An old practice.

*Naphthalin*, 6x trituration, was von Grauvogl's specific for whooping cough. Others say it is *always* beneficial in the ix.

*Don't feed*.—Dr. C. E. Page contended that over-eating was the cause of whooping cough; give the stomach a complete rest for a day or two and then feed sparingly for a few days, the patient becoming genuinely hungry, a cure follows. Perhaps a bit hard to follow with children.

*Magnesia phos*.—According to some men, *Magnesia phos*. 6x will cure 9 out of 10 cases of whooping cough.

*Horse radish*.—Here is an "old woman's" remedy for whooping cough. Soak some scraped horse radish in good cider vinegar, add a little glycerine and give teaspoonful doses.

**Woman.**

*Fraxinus Americanus*.—The “organ remedy” for woman is *Fraxinus Am.*, according to Burnett, who wrote: “Where the organ ailing is primary to the organism, use organ remedies in material doses frequently repeated; where the organ ailing is of a piece pathologically with that of the organism use the homœopathic simillimum in high potency infrequently repeated.” (For details of *Frax. Am.* see Burnett’s *Organ Diseases of Women*.)

*Bellis perennis*.—Burnett, *Organ Diseases of Women*, writes: “It often happens to some ladies when they are *enciente* that they find it very inconvenient to get about, walking being very irksome and almost impossible. In such cases the Daisy (*Bellis perennis*) soon sets matters right; I mean, of course, when the cause of the trouble lies in the mechanical circumstances and these are of a remediable kind.” Burnett’s dose was material, 5 drops of the tincture once or twice a day.

*Vinegar*.—This is from Alabama. A doctor said nothing would stop post-partum haemorrhage like a fine cloth, or gauze, steeped in vinegar, wrung out and inserted.

*Fraxinus Americanus*.—Soreness, heaviness, bearing down pains in pelvic and hypogastrium; sub-involution; this drug, 5 drop doses of the tincture, will cure.

*Actaea racemosa* ix, given for two months before delivery, seemed to insure the birth of live, healthy children. In one case the woman had borne four dead babes and in another case the woman had borne two dead. Reported by Dr. Wingfield.

*Senecio aureus*.—The Indian “squaw root” is too little known, according to some old practitioners. In doses of from 1 to 5 drops of the tincture it has worked wonders in chlorotic girls, nervous, easily fatigued, menses scant or absent; after childbirth woman remains weak and sickly. It is a sort of all-round “female regulator,” worth knowing.

*Mitchella repens* is the drug Indian women gave for several days previous to labor. It promotes ease, clears away erratic pains, opens the bowels and aids digestion. Many old physicians certify to the truth of all this. The dosage is from 5 to 10 drops of the tincture twice a day.

*Olive oil*.—An old recipe for pregnant women to prevent the agonies of labor is to rub the

abdomen, vulva and perineum, every night, on retiring, with olive oil, for a week or so before the time.

*Caulophyllum ix* was Dr. Ludlam's drug when confinement cases were too lingering, patient exhausted and fretful. Dr. Simpson, Liverpool, endorsed this prescription.

*Peach leaf*.—An infusion of fresh peach leaves and twigs is a good, popular remedy for morning sickness, and vomiting of pregnancy. The tincture of *Amygdalus persica* will answer the same purpose.

*Syphoricarpus racemosus*.—A drug that, according to Dr. E. V. Moffat, acts very beneficially in "morning sickness" and vomiting, nausea and retching of pregnancy. Give the 3d potency, several doses, or until relieved.

*Apis*.—An English doctor relates the case of a woman who had suffered horribly from difficult menstruation, and would, at times, scream from the pain. *Apis* 3 cured.

### Wounds.

*Succus calendulae* and *Glycerine*.—This combination, 2 parts of the *Succus calendula* to one

part *Glycerine*, to which is added about equal bulk of water, forms about as healing a combination as can be made to those who have been knocked down, run over, blown up or otherwise maltreated and lacerated.

*Calendula*.—In one of the Paris revolutions, 1849, Jahr writes that after he began using *Calendula* he saved all cases of shattered limbs that refused amputation. It prevents suppuration and certainly promotes healing. The chemical antiseptics, like bichloride, prevent suppuration, but do *not* promote healing.

*Lappa officinalis*.—This drug is said to be very efficient in prolapsus uteri, whether mechanical means are used or not. Potency is uncertain—the tincture or higher.

*Onion juice*.—Drs. Cooke, Gabriel and Minchen, in the *Lancet*, speak very highly of *Succus allii* or onion juice, one part to about four of pure water, as a dressing for suppurating or festering wounds. Wash the wound with the lotion and afterwards apply the dressing, saturated with the lotion.

**Yellow Fever.**

*Lemons.*—A French physician declared that a strong, unsweetened lemonade is a surprisingly good thing in yellow fever; even hopeless cases, or those pronounced to be so, recovered under the acid of the lemon.

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